



# Carers Matter Norfolk

Supporting unpaid carers

**7 days  
a week**

- by phone
- live chat
- in person

[www.carersmatternorfolk.org.uk](http://www.carersmatternorfolk.org.uk)

## Who are Carers Matter Norfolk?

Carers Matter Norfolk's service has gone through an exciting refresh to provide additional support to unpaid carers in Norfolk. This ensures they deliver a highly personalised service that enables carers to improve their health and wellbeing and support them in their caring role.

On behalf of Norfolk County Council, Carers Matter Norfolk provide Carer's Assessments, information, support and advice for unpaid carers in Norfolk. They offer a 7 day a week advice line, along with one on one community support.

You can learn more about their services by visiting their [website](#) or calling their advice line on 0800 0831 148 (open Monday to Friday 8am – 8pm, Saturday and Sunday 10am – 2pm).

## What do Carers Matter Norfolk offer?

This refreshed service further improves the health and wellbeing of carers and their capacity to fulfil their caring roles by: –

- Carers assessments
- [Carers breaks](#)
- [Health and wellbeing fund](#)
- Community Outreach Team
- Follow up service
- Volunteer service
- Education and training
- Carers Voice – have your voice heard

**Refer a carer today**