



**Action for  
Family Carers**  
Supporting Carers Across Essex

# **Caring Friends**

**Improving the health and wellbeing  
of adult Carers in Colchester**



## **Short-term Counselling Service**

**The Carers Counselling  
service will help  
Carers rebalance  
their time so that  
they are able to look  
after themselves as  
well as their loved  
ones.**

## **Home Visiting Befriending For Carers**

**The Visiting Befrienders  
will assist Carers to  
explore their situations,  
talk through their  
issues and develop  
strategies and plans  
to manage their  
challenges**



**To find out more please contact us:**

**Email: [caringfriends@affc.org.uk](mailto:caringfriends@affc.org.uk)**

**Phone: 0300 7 70 80 90**



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# **Volunteering opportunities**

**We are looking for Volunteer  
Befrienders and Counsellors  
to help support the Caring  
Friends project.**

**If you would like to volunteer  
with us we would love to hear  
from you! Please contact us to  
discuss these opportunities  
further.**

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