

ARE YOU A CARER?

A carer is someone who provides unpaid support for a family member or friend who could not manage without help due to a long term health condition, illness or disability.

WHO IS CASS?

CASS The Carers Association is a registered charity, based in Staffordshire, who support Carers through:

Monthly Groups - Living Well With Dementia

Contact: Sharon Braacx
07740418650

Carers Cafe

Contact: Jane Hinton
07740418643

Carers Link Worker (South Staffordshire District Council Only)

Can help signpost, and
recommend support
services and activities

Contact: Lisa Brickles
07918603929

Advice, Information and Support

Support in GP Practices
and Hospitals

Contact: Liz Tolhurst
01785 220665

General Support/Advice
CASS Office: 01785 222365

Contact the CASS Office on 01785 222365
or our Health Liaison Worker Liz Tolhurst on
01785 220665 for more information

CASS The Carers Association, F2/4 Tollgate Court, Tollgate Drive,
Stafford ST163HS, 01785222365
Registered Charity No: 1086979



www.facebook.com/CASSthecarersassociation



www.twitter.com/CASSwecare



CASS
Supporting Carers to Care