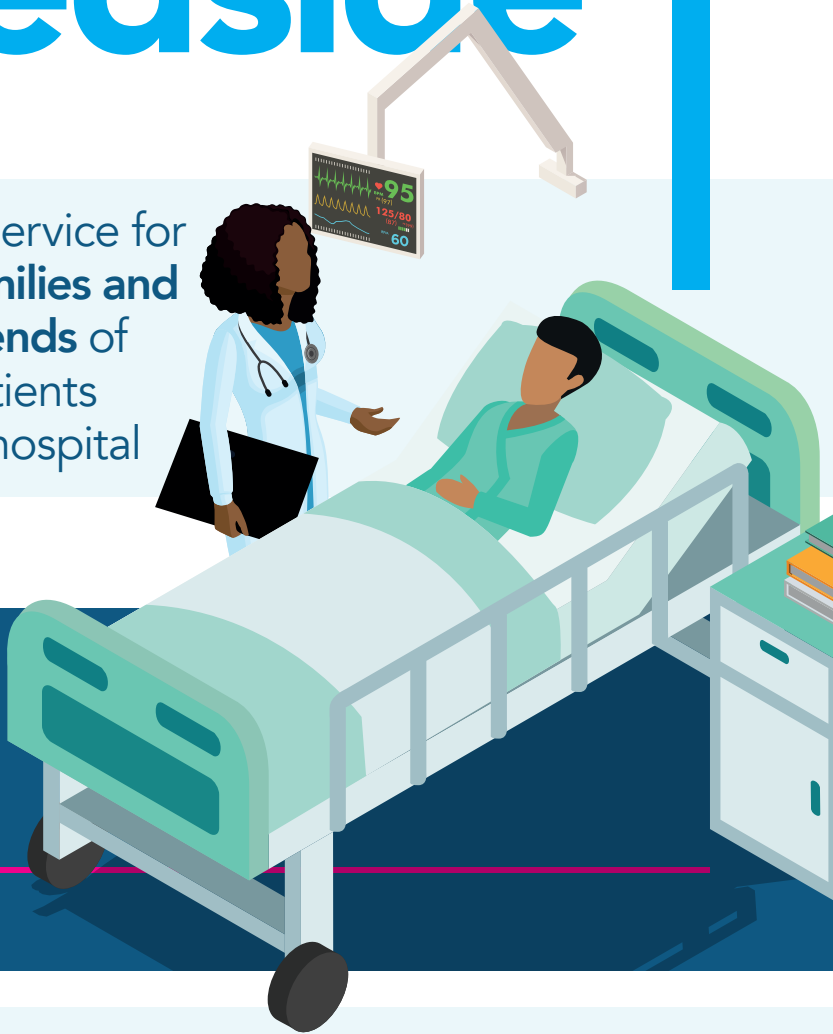


At My Bedside

A service for
families and
friends of
patients
in hospital



Suffolk ●●●
Family Carers
Living Fuller Lives



Carers FIRST
FIRST Choice for Carers

At My Bedside

If you need some help staying in touch with a family member or friend who is in hospital, or if you have other welfare or wellbeing needs at this difficult time whilst your loved one is receiving hospital treatment, we are here for you.

Suffolk Family Carers is supporting people whose loved one is in Ipswich or West Suffolk hospitals. **CarersFIRST** is supporting people whose loved one is in Colchester hospital. We can support with staying in touch with someone who is in hospital, general advice, family carer support, signposting to helpful services in your area and emotional support.



Ask for the At My Bedside service...

Suffolk ●●●
FamilyCarers
Living Fuller Lives

Contact Suffolk Family Carers
Tel **01473 835 477**
Email **hello@suffolkfamilycarers.org**

 **Carers FIRST**
FIRST Choice for Carers

Contact CarersFIRST
Tel **0300 303 1555**
Email **hello@carersfirst.org.uk**

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East Suffolk and North Essex
NHS Foundation Trust

NHS
West Suffolk
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