



New online support for unpaid carers

Working in partnership with Central Bedfordshire Council, and effective immediately, Mobilise will provide residents in Central Bedfordshire who are caring for someone access to comprehensive online support.

Residents will be able to:

- Discover an online network of people in similar situations
- Access free support from a dedicated carers coach
- Join online support sessions with others
- Use simple online tools to help at each stage of their caring journey

Find out more and sign-up:
mobiliseonline.co.uk/central-bedfordshire



We're an online service led by carers, for carers. We provide free personalised guidance and coaching. And we learn from the best - the UK's vast number of unpaid carers. Together our community's collective knowledge, wisdom and expertise empowers those that care to thrive.

What we do

Community

We find ways for us to connect with each other in a respectful and uplifting environment.

Helpful and engaging articles for carers

We are constantly listening to the community, documenting our collective knowledge and publishing it via email and our website, for all to benefit from.

Personal support

You can book a call with our Support Team, to discuss whatever is on your mind, seven days a week between 9am and 10pm. Or chat on our website, anytime.

Find out more and sign-up:
mobiliseonline.co.uk/central-bedfordshire

How to communicate this to residents in Central Bedfordshire

As an entirely online service we recommend that referrals and promotion of the Mobilise service should come via our website, where we have a specific page for residents in Central Bedfordshire.

Find out more and sign-up:

<https://www.mobiliseonline.co.uk/central-bedfordshire>

You may find it useful to use some introductory text on your website, email or social media channels to announce the service. Here is a suggestion:

Great news! We've partnered with award-winning service Mobilise to provide free online carer support in Central Bedfordshire. If you're looking after a family member, friend or neighbour discover support available for you today:

<https://www.mobiliseonline.co.uk/central-bedfordshire>

If you are sharing this message on social media, please tag us in the post:

Instagram: mobilisecarers

Facebook: mobiliseonline

Twitter: MobiliseCare

LinkedIn: mobiliseonline

Sharing specific tools

From time-to-time you might find it useful to share some of the nifty tools and services we have created to make the lives of our community easier and better.

Email course for carers

Looking after a family member, friend or neighbour in Central Bedfordshire? Kick-start your support from Mobilise and sign-up to their free five-part email course, designed specifically to help carers like you in Central Bedfordshire.

<https://www.mobiliseonline.co.uk/email-course>

Mobilise one-to-one calls

Looking after someone in Central Bedfordshire? We know how isolating it can get at times and the Carer Support Team at Mobilise are here to help. If you'd like a listening ear, book a free call with one of our carers coaches at a time that suits you.

<https://www.mobiliseonline.co.uk/individual-support>

Emergency planning for carers

Set up a simple carers' emergency plan with Mobilise's Emergency Planning Template, in under 10 minutes. Pre-filled with prompts to help you structure your plan ahead of an actual emergency. <https://www.mobiliseonline.co.uk/emergency-planning-for-carers>

Carer's allowance checker

Find out if you could be due over £3,600 a year for looking after a loved one. Use Mobilise's simple tool to check if you are eligible in under five minutes.

<https://www.mobiliseonline.co.uk/carer-s-allowance-short>