

Dear Carers,

I'm happy to provide you with information about the **Virtual Carers Centre (VCC)** and how it benefits Unpaid Carers in Harrow.

The **VCC** is a comprehensive online resource designed to support you by offering a variety of services and information at your fingertips.

The **VCC** provides a range of resources, including information and advice to help you with your caring role including a wealth of information on carers' rights, available benefits, and local services specifically for carers. Your data is kept safe and private, we only ask for your first name, age and postcode along with some brief detail of the person being cared for to assist the virtual coaches communicate with you. You can also select your preferred language.

Harrow Carers has partnered with **Bridgit Care** to make sure you can get support whenever you need it. The **Bridgit Care Platform**, is a free online platform designed just for carers.

Here you can access **helpful advice, practical tools, and personalised support** to make your life a little easier, Bridgit is here for you, 24/7, whether you're looking for **wellbeing tips, local services, or just someone to talk to**. This platform is connected directly to our team.

Click on the button below to access the Bridgit Care Platform, and answer a few quick questions about you and you too can access information and chat to one of the friendly coaches who are there to support.

Alternatively, click on the video to hear Colin talk about the platform.

[Bridgit Care Platform](#)

[Bridgit Care User Guide](#)



What Bridgit Care offers..



Personalised Support

All coaches provide tailored advice on wellbeing, carer



Advice Hub

Access real-time guidance, local services, events, and helpful videos.



Toolkits

Create practical plans for your caring journey, from needs assessments to meal



Community

Connect with other carers, share experiences, and join feedback groups.



24/7 Chat

Ask questions anytime and receive instant, relevant advice.

Weblink: [Bridgit Care - Harrow Carers](#)

Weblink: [Bridgit Care – User Guide](#)

Weblink: [Carer Registration - Harrow Carers](#)

Weblink: [GP Carer Identification - Harrow Carers](#)

Scan the QR Code below



Harrow Carers Core Values: Respect-Ambition-Trust-Empowerment-Diversity

