

Please get in touch to see how we could help you.



Contact Us



Cheshire East Carers' Hub is delivered by n-compass.

Office Opening Times: **Monday - Friday 9.00am - 5.00pm**

Telephone: **0300 303 0208** (calls charged at local rate)

Text: **07786 201226**

General Email: enquiries@cheshireeastcarershub.co.uk

Website: www.cheshireeastcarershub.co.uk

Online Chat: www.n-compass.org.uk/our-services/carers


Address: **Freepost CHESHIRE EAST CARERS' HUB**

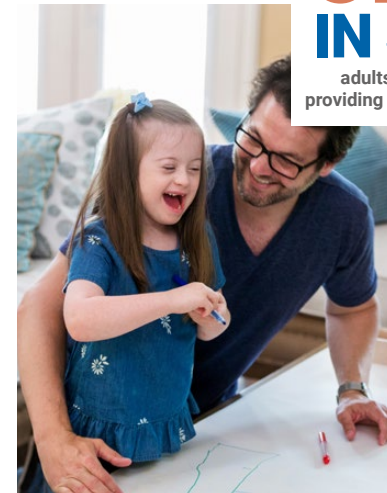
n-compass is registered in England & Wales as a Registered Charity No. 1128809 and as a company limited by guarantee No. 06845210



Do you have a family member, friend or neighbour who cannot manage without your support?
Then we may be able to help you




ONE IN SIX
adults is now providing unpaid care



Cheshire East Carers' Hub

Cheshire East Carers' Hub provides a single point of access for both young (5-18) and adult Carers (18+) who provide care to a friend, family member or neighbour living in Cheshire East. The Hub ensures that Carers of all ages have access to information, advice and a wide range of support services across the county and nationally.

These support services are designed to help Carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on a Carer's own health and wellbeing.



Who is a Carer?

A Carer is someone who provides unpaid care, for a few hours a day or round the clock, to a family member, friend or neighbour who could not manage without their support. The care they give may be due to age, illness, disability, mental health problems, or substance misuse.

Caring for someone covers lots of different things, like helping with their washing, dressing, or eating, taking them to regular appointments, or offering emotional support.

Caring for someone who relies on you can impact on your health, finances and quality of life and may become more stressful overtime.

Do you relate to any of the below? If so, we may be able to help you:

- Do you get enough sleep?
- Is your health affected?
- Is your education affected?
- Are you thinking about giving up work to care?
- Do you get any time to yourself?
- Do you feel lonely or isolated?
- Do you worry about what would happen to the person you care for if something should happen to you?



What support is available for adult Carers?

Support can be provided from a dedicated Carers Assessment and Support officer and can include:

- Statutory Carers Assessments
- Specialist 1-2-1 support
- Support with planning for contingency or an emergency
- Support to take breaks from caring, including befriending and peer support
- Newsletters detailing local groups, activities, and courses
- Support to access community and Health and Wellbeing services
- Online Carers Community Network
- A 24/7 Volunteer manned Carers Help and Talk (CHAT) Line
- Volunteering opportunities, including volunteering for the CHAT Line Carers Awareness Briefings for professionals

What support is available for young Carers?

Support can be provided from a dedicated Young Carers Practitioner and can include:

- Help for you and your family to think about what would make a difference through a Young Carers Assessment
- Information about the illness or disability of the person you care for
- Help to access advice and support for the person you care for
- Help for you to access support in school or college
- Help for you to be listened to and have your voice heard
- Introducing you to other young Carers
- Regular newsletters full of information and activities
- Help to take a break, have fun and support for you in your caring role through groups and activities

Enquiry Form



Cheshire East Carers' Hub Services are free and confidential. To be contacted by a member of our team for more information or to register, please complete and return the enquiry form below to:

Freepost CHESHIRE EAST CARERS' HUB

YOUR DETAILS:

Name

Address & Postcode

Email

Organisation (if applicable)

Telephone

Please tick to confirm:

Consent has been given to contact the Carer/myself. A message can be left on their/my answer phone.

Adult Carer

Young Carer

Fill in and return this section to us

