



The Life After Caring project aims to help you focus and have time for yourself. This could be the first time in a very long time you have had time just for you.

We hope that, with the support of others who understand how caregiving impacted your ability to focus on yourself, we can develop the project into a positive experience for everyone



### Compliments, comments & complaints...

Carer Support West Cumbria welcomes all feedback about our services & will aim to use the information you provide to improve our service. If you have a compliment, comment or complaint about our service then please let us know.

### Safeguarding


Carer Support West Cumbria is committed to safeguarding and promoting the welfare of vulnerable adults and children and expects staff and volunteers to share this commitment.

### How to Contact Us

Carer Support West Cumbria  
Suite 7F  
Lakeland Business Park  
Cockermouth  
CA13 0QT



T: 01900 821976  
E: [general@carersupportwestcumbria.co.uk](mailto:general@carersupportwestcumbria.co.uk)  
[www.carersupportwestcumbria.co.uk](http://www.carersupportwestcumbria.co.uk)

   [carersupportwestcumbria](https://www.linkedin.com/company/carersupportwestcumbria)

Charity No. 1119369 Reg in England No. 6123034



## Life After Caring Project



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## How the Life After Caring Project can help:

- 🌈 Emotional and practical support
- 🌈 Social Events in your local community
- 🌈 Sign-posting to local groups
- 🌈 Improving your emotional and physical wellbeing
- 🌈 Sign-posting to external organisations to provide additional support to yourself.
- 🌈 Training and educational courses to assist starting back into employment (where applicable)

## Newsletter

You can receive the project newsletters advertising social events organised by Carer Support and local community based events.

We can support you



## Frequently Asked Questions

- 🌈 **Who can make a referral into the service?**  
We accept self-referrals and referrals from all external services.
- 🌈 **Is the support free?**  
The support we offer is free, however if you decide to join one of our social events there may be a small charge to attend.
- 🌈 **How will I know what is provided?**  
The project will send you a regular newsletter sharing what services are available and upcoming events.
- 🌈 **What if I wasn't a registered carer with you?**  
You can still receive support if you were not known to Carer Support West Cumbria when you were in your previous caring role.
- 🌈 **Do you cover my area?**  
Carer Support West Cumbria covers the area from Millom in the south to Port Carlisle in the North and to Keswick. The old council districts of Copeland and Allerdale.
- 🌈 **How long will the project provide support to me?**  
The support is available for up to 12 months after your caring role has come to an end.
- 🌈 **What if I have more questions?**  
Please get in touch with our office on 01900 821 976 and ask for the Life After Caring Support Worker.



## What to do next

To find out more about how to access our services and support then give us a call on [01900 821976](tel:01900821976) or visit our website at [www.carersupportwestcumbria.co.uk](http://www.carersupportwestcumbria.co.uk)

## Follow us on social media

