



What our Carers have said about our service....

“Thank you for my call today, nice to know us carers are not forgotten.”

“I just wanted to let you know how much I got out of yesterday’s relaxation session. I was so relaxed and drifted in and out of a restful sleep I didn’t know I needed.”

“I felt I’d been properly listened to and 10 times better when I got off the phone.”



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
Lamplugh Road
Cockermouth
CA13 0QT



T: 01900 821976
E: general@carersupportwestcumbria.co.uk
www.carersupportwestcumbria.co.uk

   [carersupportwestcumbria](https://www.facebook.com/carersupportwestcumbria)
 [CarerSupportWC](https://twitter.com/CarerSupportWC)

Charity No. 1119369 Reg in England No. 6123034



Adult Carers Project



Do you help someone at home?



We can  support you






Tel: 01900 821976
Email: general@carersupportwestcumbria.co.uk
www.carersupportwestcumbria.co.uk

Who are Adult Carers?

A carer is someone who without payment (excluding Carer's Allowance) provides care and support to a friend or family member who due to illness, disability, a mental health or addiction problem cannot manage without their help.

Many people do not see themselves as a carer, however if something were to happen to them would the person they support be able to manage independently?

Who may an Adult Carer help?










-  A spouse or partner
-  A parent or grandparent
-  A child with extra support or caring needs
-  A sibling or another family member
-  A friend or neighbour








We support
people like you,
who care.

Are you a carer?

A carer may support or care for someone in many different ways. Your caring role might include:








-  Helping someone with their personal care
-  Meal preparation
-  Dealing with bills and financial matters
-  Managing day to day appointments such as GP, hospital appointments
-  Collecting prescriptions
-  Administering or prompting medication
-  Cleaning, laundry or shopping tasks
-  Emotional support and reassurance
-  Making sure someone is safe

How may a caring role affect you?

-  Sleep deprivation
-  Stress, worry and overwhelming feelings of responsibility
-  Physical tiredness or ailments from lifting
-  Financial worries
-  No social time or time to yourself to relax



How can Carer Support West Cumbria help you

-  A Carer's Assessment*
-  Phone and face to face support, a listening ear
-  Information and signposting to other organisations who can also support you in your caring role
-  Social events and day trips giving you the chance to meet other carers
-  Access to courses
-  Health and wellbeing support such as relaxation sessions
-  Benefit support  Volunteer led services

*A Carer's Assessment is your opportunity to discuss how being a carer affects your life. It can also help identify any support you may need in your caring role as well as help you protect your own health and wellbeing.

We work closely with health and social care as well as local voluntary and community services.