



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

Contact Us



Carlisle Carers is delivered by n-compass

CARLISLE CARERS

Telephone: 01228 542156

General Email: admin@carlislecarers.org.uk

Website: www.carlislecarers.com

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

Address: FREEPOST n-compass

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No. 1128809 and as a company limited by guarantee No. 06845210*



CARLISLE CARERS
Caring for the carers

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 are
now providing
unpaid care

n|compass



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Carlisle Carers

Carlisle Carers provides a single point of access for all age Carers, including young Carers (5-18), and adult Carers (18+) supporting someone living in Cumbria. The service exists to ensure that Carers have access to information, advice, and a wide range of support services.

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 cares for a family member, friend or neighbour who could not manage without their support.

A Carer may not always live with the person they care for, but their help can often be essential in enabling that person to go on living independently.

Carers also include many children and young people who look after a brother, sister, parent, or grandparent.

Whether they require care because of mental illness, disability, health, age, or substance misuse problems.

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 over time.

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 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?

Once you get in touch with us, we can arrange for a dedicated Carers Assessment and Support Officer to get in touch with you, who will get to know you and gain understanding of your needs as a Carer. They will work with you to provide support to meet your individual needs.

This could include:

- Statutory Carers Assessments
- Specialist 1-2-1 support for young Carers and adult Carers
- Support with planning for contingency or an emergency
- Support to take breaks from caring, including befriending, peer support, groups, activities, and courses
- Support to access benefits
- Support to access community and Health and Wellbeing services
- Support to access education, employment, and training
- Support for young adult Carers (16-24) and parent Carers moving on to access adult services
- Support for former Carers
- A 24/7 Volunteer manned Carers Help and Talk (CHAT) Line
- Volunteering opportunities, including volunteering for the
- CHAT Line, facilitating support groups, activities, and courses, and volunteering as a driver
- Carers Awareness Briefings for professionals

Enquiry Form



Carlisle Carers 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 n-compass**

YOUR DETAILS: Young Carer ☐ or Adult Carer ☐ (tick one)

Name

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.

Fill in and return this section to us

