

Directory for Adult and Young Carers



We understand that caring for someone can be very rewarding, but at the same time, very demanding so it is key that you look after your own health and wellbeing.

We have put together the following booklet that provides you with information, advice, and supportive services to help assist and be there for you through your caring journey.

Am I a Carer?

You're a carer if, without pay, you're looking after someone, including family members regularly because they are ill, an older person, frail, disabled, have poor mental health, or have an alcohol/drug misuse issue.

You're a young carer if you carry out the above and you are aged 25 or under.

Around 3 in 5 people will become a carer in their lifetime.

Often, carers care for more than one individual. There are some family situations in which a couple mutually care for each other and there is no main carer.

Carers often help offer physical support with:

- Washing, dressing, or taking medication
- Getting out and about and travelling to GP appointments
- Shopping, cleaning, and laundry
- Paying bills and organising finances

Carers can also give emotional support by:

- Sitting with someone to keep them company
- Watching over someone if they can't be left alone
- Helping someone cope with or seek help for a mental health problem
- Going to appointments and/or advocating on their behalf

The above examples of carers providing emotional support, can sometimes confuse people. Carers can often be unsure as to whether the support they are providing 'counts' as caring or if it's just a part of day-to-day life. While some people think that care work is supporting with just physical tasks. Giving emotional support is also a huge part of a caring duty.

Impact of Caring on Your Health and Wellbeing

Many carers feel like they are making a difference and say that their caring role is a rewarding experience as they know that they're supporting and helping someone else.

Many carers may feel:

- More confident in dealing with other people
- More understanding of others with problems
- Closer to friends and family

On the other hand, sometimes supporting someone else can affect a carer's mental health and wellbeing and make it more difficult for them to stay well themselves.

When caring for someone else, a carer may experience challenges and difficult feelings such as:

- Stress and Worry:
 - The carer may spend a lot of their time thinking about the person they care for, their health and what will happen to that person in the future, it may feel hard for carers to switch off. Over a long time, worry and stress can cause issues with mental health and make existing problems worse.
- Anxiety:
 - Many carers say that they feel a constant anxiety about the person they care for. If the carer's feelings of anxiety are strong or last for a very long time, the whole situation can become overwhelming. Anxiety may impact the carer's ability to live their life as fully as they want to.
- Isolation and Loneliness:
 - Carers may have less time to socialise or pursue their own hobbies and interests. They may have given up work, not see the people they are used to seeing and might not feel as close to the person they look after. It can feel hard for carers to ask for help or to let people know that they have a caring responsibility. A carer's life can sometimes feel very different, and it can seem like others don't understand. Over time, carers may start to feel isolated and/or lonely.
- Less Time for Yourself:
 - Carers probably have less time to look after themselves, for example, to be physically active, eat healthy food and relax. They may feel as though their health doesn't take priority, or they don't have time to get the help they need.

Although caring for someone can be very fulfilling, it can also be a very difficult task. If you are experiencing any of the above challenges/feelings or, you feel pressured in other ways and wish to seek advice, support, and guidance, please reach out to the amazing organisations detailed within this booklet.

Advice

- Complete a Carer's Registration Form and return it back to the reception at your GP Practice so that all medical professionals are aware that you are a carer. Many GP Surgeries can offer carers a free flu vaccination, flexible appointments, helpful information, and further support. Look out for the Carer's Noticeboard in your GP Practice.
- There are many organisations within the Cheshire East area and nationally who want to support all carers. We urge you to register yourself as a carer if you are currently in a caring role because often, many carers become 'hidden' by either not recognising or not declaring their care role which means they miss out on support and other possible benefits.
- Find out what services are available in your local area for both you and the person you care for. There are many services available to support you in your caring role who want to ensure that your voice is heard and that your wellbeing and identified priorities are at the centre of all decisions. The Social Prescribers and Care Co-ordinators who work for your GP Practice can guide you on this – more information on these practitioners can be found within this booklet.
- You can visit the following website – <https://www.carechoices.co.uk/publication/cheshire-east-care-services-guide/> and order a Care Service Directory to be delivered to your home. This directory is a comprehensive guide to staying independent, improving your wellbeing and choosing and paying for your care. It also details many different (payable) care homes who can offer respite care, if needed.
- Talk to someone about how being a carer affects you. It is important to be aware of the affect that caring has on you and your health. Talking about this can help or be the first step to getting the support you need.
- Get a plan in place for emergencies. You can apply for the Carer's Emergency Card which is a card you carry in your purse or wallet that identifies you as a carer so that if you have an accident/emergency, the emergency services will know that the person you care for needs help. They will then put your personal emergency plan into place to care for that person and/or provide up to 72 hours of care in their own home. For support with applying for a Carer's Emergency Card and care planning, you can call Making Space Cheshire East Carers Hub on **0300 303 0208**.
- Get an Adult Carer Assessment. If you care for someone, you can have a Carer's Assessment to see what help and support will make your life easier. The assessment might recommend but is not limited to things like, someone to take over caring so you can have a break, gym membership and exercise classes to relieve stress and offer advice on benefits that you may be eligible for. All adults and young people are eligible for a free Carer Assessment. You can find more information about how to access a Carer Assessment and organisations who can help you apply for it on the 'support' pages within this booklet.

Support for Adult Carers

Dementia Carers Wellbeing Programme – East Cheshire Hospice

Call 01625 610364 and visit - <https://www.eastcheshirehospice.org.uk/>

- We offer an eight-week structured support programme for carers of people experiencing Dementia where you can bring the person with Dementia with you (optional) and our Dementia Buddies will take care of them and support them in chosen activities whilst you attend the programme and relax in the knowledge that they are safe and being supported.
- Each session starts with a 'meet and greet' followed by a group session for carers which includes information, advice, guidance and peer support. You can share your problems, concerns or experiences with others who have had similar experiences which can help you to find your own coping strategies, enhance your self-esteem, resilience and confidence.

Adult Social Care

Call 0300 123 0501

- An Adult Carer's Assessment will look at the different ways that caring affects your life, to understand how you can carry on doing the things that are important to you and your family.
- Your physical, mental and emotional wellbeing will be at the heart of this assessment. All the information gathered during your Assessment will help us to decide as to whether you have eligible needs for support. If you do not meet the eligibility criteria for support from Cheshire East, their team will signpost you to other organisations who can help.

Age UK – Silver Line (for elderly):

Call 0800 470 8090 and visit - <https://www.ageuk.org.uk/services/silverline/>

- Our Silver Line Helpline, run by Age UK, is a telephone service specifically for older people aged 55 and over.
- Our Silver Line Helpline helps tackle the feelings of loneliness and isolation that many older people experience.
- Whether you're feeling lonely, need to access support or just want to chat, our friendly team is ready to answer your call.

Wilmslow Youth:

Visit - <https://www.wilmslowyouth.com>

Providing support, courses and training for those who care for young people be it parents, teachers, social workers or community members to help build networks of support for our young people.

Making Space Cheshire East Carers Hub – Adult Support:

Call 0300 303 0208 and visit - <https://cheshireeastcarershub.co.uk>

- If you live in Cheshire East and look after someone, whether they are a child, parent, family member or friend, you could be entitled to emotional, practical, and financial support through our service.
- At Making Space, we understand the stress and pressures of being a carer. Our team of professional carer support workers will get to know you and your situation and tailor our service to design a personalised support package which could include, but is not limited to, Carers Assessments, one-to-one and group support, access to training and carer breaks.
- We want to understand how you are doing physically and emotionally. If you reach out to us for support, we will explore how we can help you in your caring role and plan for the future.

Carers UK:

Helpline – call 0808 808 7777 or email advice@carersuk.org

Visit - <https://www.carersuk.org>

- Our website is your first port of call if you're looking for information about any aspect of caring. Whether you're looking for information on benefits, practical help in your caring role, or support in the workplace, our help and advice pages offer detailed guidance.
- For support with caring or just for a listening ear, you can call our Helpline or email us if it is more of a complex query, and we can provide you with more information.
- It is easy to feel isolated when you are caring for someone and so our online forum found on our website, 'Carers Connect', is a safe and supportive community where you can share what's on your mind with other carers day and night (you will need to be a Carers UK member to add a post and this membership is free) – more information on the membership and how to apply can be found on our website.
- We also offer weekly 'Care for a Cuppa', where you can chat with other carers via Zoom.

Cheshire and Warrington Carers Trust:

Call 0300 102 0008 or email advice@cheshireandwarringtoncarers.org

General Website – <https://carers.org>

Specific Cheshire and Warrington Branch Website - <https://cheshireandwarringtoncarers.org>

- If you are a carer, Cheshire and Warrington Carers Trust may be able to help make things easier for you.
- We deliver a wide range of local support services to meet the needs of carers in our community. These range from support services catered to the carer, the needs of the person you care for and the services provided other organisations.
- Carers have different needs and Cheshire and Warrington Carers Trust can assist you in information regarding health issues, entitlements, mobility, grants for holidays, equipment and support. We also offer a wide range of activities, training and events for carers throughout the year across Cheshire.

Support for Young Carers

Cheshire Young Carers:

Call [0300 303 0208](tel:03003030208) or Text [07866 821609](tel:07866821609)

Visit - <https://www.cheshireyoungcarers.org/>

- Cheshire Young Carers support young carers across Cheshire in three key areas, school holiday respite programmes, individual & group support where necessary plus working with schools/colleges to provide specialised support where required. Principally Cheshire Young Carers is funded by private donations.
- At Cheshire Young Carers, we assess every young carer to establish their needs and offer the relevant level of support. This may range from 1-1 intervention work, to supporting the family via the multi-agency process.

Wilmslow Youth:

Visit - <https://www.wilmslowyouth.com>

- Wilmslow Youth is a charity for young people aged 11-18 who live in and around the Wilmslow area.
- We provide free, early intervention mental health support for young people and their parents where our counselling and mentoring provisions are supported by wrap-around support groups, drop-in café spaces (ROC) and community activities that promote health and social interaction and break down stigmas around mental health through various forms of group work, media, workshops and activities.
- Our ROC Café is open as a drop-in for 11-18 year olds to hang out, unwind and meet new people.

Barnardo's:

Visit - <https://www.barnardos.org.uk>

- For over 150 years, we've been here for children and young people who need us most – bringing love, care and hope into their lives and giving them a place where they feel they belong.
- We are here because too many children and young people across the UK are missing out on a good childhood, and on the opportunity to thrive when they become adults.
- We'll continue to be here for as long as we're needed – working with children and young people to be safe, happy, healthy and hopeful and we'll do everything we can to give them a place where they feel like they belong.
- You can also find support for parents and carers for young children on our website.

Young Minds:

Visit - <https://www.youngminds.org.uk>

- We need young people to know that whatever they are going through, they matter, and they deserve help.
- On our website, you can find information and advice on coping with your feelings and day-to-day life along with urgent helplines to use when you need to speak to someone for any type of help.

Papyrus – (Prevention of Young Suicide):

HOPELINE247 – Call [0800 068 4141](tel:08000684141) or Text [88207](tel:88207)

- Papyrus Prevention of Young Suicide is the UK Charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. We believe that no young person should have to struggle alone with thoughts of suicide.
- We have a range of resources on our website which you can download from coping techniques to conversation starters, distracting techniques, dealing with anxiety and more.
- HOPELINE247 is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide. If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINE247 for confidential support and practical advice.

Making Space Cheshire East Carers Hub – Young People Support:

Call [0300 303 0208](tel:03003030208) and visit - <https://cheshireeastcarershubs.co.uk>

- As well as support for adults, we also offer a Young Carer's Hub that helps to ensure that young carers between the ages of 5 and 18 years old are identified and provided with support in their caring role.
- One of our young carer support workers will respond to you using the contact method that suits you best and have a chat with you about you and your caring role. You can then together, decide on a plan that will work for you based on your needs and wishes and also help you to talk to other people who can help including teachers, employers and other services.
- Our support workers can provide support with (not limited to) carrying out a Young Carers Assessment, helping you access advice/support from your school or college, helping you access support for the person you care for and putting you in contact with other young carers.

Other Useful Contacts

Alzheimer's Society:

Call [0333 150 3456](tel:03331503456) which is open Mon – Wed: 9am – 8pm / Thurs and Fri: 9am – 5pm / Sat and Sun: 10am – 4pm.

If you are affected by Dementia, worried about a diagnosis or a carer for someone with Dementia, trained staff are ready to give you the support you need.

Dementia UK:

For Admiral Nurse Support, you can call [0800 888 6678](tel:08008886678) or email helpline@dementiauk.org

Dementia UK is the specialist Dementia Nursing Charity that is there for the whole family providing life-changing advice and support to anyone affected by Dementia, whenever it is needed.

Macmillian Cancer Support:

Call the Macmillan Support Line on [0808 808 0000](tel:08088080000) which is open 7 days a week 8am – 8pm.

Our Cancer Experts at Macmillan want/will support you with everything. Whether it is providing a listening ear or answering questions about cancer treatment, money worries or feeling down etc.

Motor Neurone Disease Association:

Call [01604 250505](tel:01604250505) or email enquiries@mndassociation.org

The Motor Neurone Disease Association focuses on improving access to care, research and campaigning for those people living with or affected by Motor Neurone Disease in England.

MS Society:

Call the MS Helpline on [0808 800 8000](tel:08088008000) which is open Mon – Fri: 9am – 7pm.

Our ultimate goal is to find treatments for everyone. Until then, we're working to make sure no one has to face Multiple Sclerosis alone. Everything we do is guided by people with MS. Because together, we're stronger.

Age UK:

Call the Age UK Advice Line on [0800 678 1602](tel:08006781602) and visit their website for more information/support – <https://www.age.uk.org.uk>

If you are a carer or know someone who is, you can find out about the emotional, practical and financial support available on our website.

Parkinson's UK:

Call the Helpline on [0808 800 0303](tel:08088000303) which is open Mon – Fri 9am – 6pm / Sat 10am – 2pm.

The Parkinson's Advisors at Parkinson's UK can support anyone with Parkinson's, their family or their carer(s) by providing support with questions regarding medical issues, employment and benefits, health and social care, emotional support, local activities and can signpost you to other sources of information.

End of Life Partnership:

Call [01270 310 260](tel:01270310260) and visit – <https://eolp.co.uk>

Caring for people as they near the end of life is a huge responsibility. And making sure that care is personalised and compassionate and reflects a person's wishes can be hard. It can also be hard to make time to care for yourself.

At EOLP we aim to ease that experience and improve the quality of care for people as they approach the end of life and also to support the people caring for them.

Crossroads Together:

Call the Cheshire East Crossroads Together Branch on [01260 583 019](tel:01260583019) or email midlands@crossroadstogether.org.uk

Visit – <https://www.crossroadstogether.org.uk>

We are a not-for-profit registered charity committed to providing high quality care at home and offer support services for carers and people with care needs. We want carers and those with care needs to be identified, supported and offered outstanding care to help maintain their own health and wellbeing.

We offer a wide range of services including, but is not limited to, carer breaks, information, support and advice for carers, group, activities and individual support for children and young people with learning disabilities and social activities for adults.

Space4Autism:

For more information, you can call [01625 617 884](tel:01625617884) or email info@space4autism.org

Visit – <https://www.space4autism.com>

Are you a carer for a child or adult on the Autistic Spectrum? Do you need a short break from your caring role to come and meet with other carers in a similar situation? Our Carers Project can offer carers who care for adults or children with autism 1:1 appointments with the Cheshire East Autism Team, 1:1 appointments with the Cheshire East Information and Advice Service and access to the Parent/Carer Autism Training Programme.

Your GP Practice

Mental Health and Wellbeing Service

Within your GP Practices, we have Mental Health Practitioners, Social Prescribers and Care Co-ordinators who can help support your physical and emotional needs in every way possible.

If you would like to speak to a member of our Mental Health and Wellbeing Team, please do not hesitate to get in contact with your GP and they can put a referral through for you to our Service.

For more information and details on the below services, you can visit the CHAW PCN Mental Health and Wellbeing website here – <https://www.chawprimarycarenetwork.co.uk>

Mental Health Practitioners in your GP Practice:

Our Mental Health Practitioners often work with people who have serious mental health conditions. They may assist with the creation of treatment plans and make onward referrals (if needed) e.g. onto CMHT.

The Mental Health Practitioners will work with you to identify your needs and goals and then offer a range of interventions which may include prescribing medication and support work. These interventions may also include setting goals, helping to practice mindfulness and offering skills-based work for mental health and problem solving.

Social Prescribers in your GP Practice:

We have Social Prescribers working within Practice. Our Social Prescribers are here to support patients to access local services and help them with practical and emotional support.

The Social Prescriber will help give people time to focus on what matters to them and can support those experiencing loneliness, isolation, bereavement, loss of confidence and purpose, financial issues, poor health linked to housing and housing conditions, benefit and debt issues, long term health conditions and caring responsibilities. They can work with carers to improve emotional wellbeing, help to make healthy lifestyle choices and enable access to work training and volunteering.

Care Co-ordinators in your GP Practice:

Last but not least, we also have Care Coordinators who often work with frail, elderly, vulnerable people and those with long-term health conditions. But, they also make appropriate referrals and help carers navigate their way around health and social care which can be very daunting and confusing, especially when trying to manage and care for a loved one.

*It's ok to take care
of yourself as well
as others*

*Don't blame yourself,
remember you are better
than you think*

*You are loved and
appreciated*

Do not be afraid to ask for
support

**It is important to take a break
and spend time on yourself**

*Falling down is an accident,
staying down is a choice*

You are not alone

You are also a priority

*Speak up, there is
always someone to
listen*

You're not the only
one feeling like this

