

## What to do next...

If you would like to meet up with one of our support workers for more information on how to access our services or an informal chat, then give our office a call and we can arrange to meet at a time and place suitable to yourself.

If you feel that you don't need us at the moment that's great, just pin this leaflet on your notice board or put it somewhere safe - as things may change.



West Cumbria Carers works to the policy of Person Centred Thinking. We strive at all times to treat clients as individuals with fairness and respect.



### West Cumbria Carers

Maryport Resource Centre,  
12A Selby Terrace,  
Maryport CA15 6NF  
t: 01900 810101/01900 816402  
e: [general@westcumbriacarers.co.uk](mailto:general@westcumbriacarers.co.uk)  
[www.westcumbriacarers.co.uk](http://www.westcumbriacarers.co.uk)

Charity No. 1119369  
Reg in England No. 6123034



## West Cumbria Carers

*Supporting those who care...*



t: 01900 810101/01900 816402

e: [general@westcumbriacarers.co.uk](mailto:general@westcumbriacarers.co.uk)

[www.westcumbriacarers.co.uk](http://www.westcumbriacarers.co.uk)

## Do you feel like your life is a juggling act...

### Who are we?

West Cumbria Carers is a Carers Organisation that covers the whole of West Cumbria incorporating the areas of Allerdale and Copeland.

We have been in operation since 1992 when it became evident that Carers in West Cumbria could benefit from additional support.

### What is our aim?

Our aim is to provide support to carers who look after a family member, relative, friend or neighbour who could not manage without their help.

This could be due to age, physical or mental illness, addiction or learning disability.

## How can we help?

### Carers Assessments

If you are in a caring role you are entitled to request a Carers Assessment. We can help you with this.

### Information

Providing information on all aspects of caring. Helping Carer and Cared for to find appropriate services.

### Telephone Support

A listening ear, in confidence.

### Benefits Support

Our Carers support worker will assist you in the completion of benefit forms and benefit checks.

### Newsletter

Regular newsletters with awareness of local and national Carers issues.

## Individual Support...

We can arrange a meeting with one of our support workers to discuss your caring role. If necessary, we can offer support through a trained counsellor.

## Group Support/Forums...

An opportunity for Carers to meet socially and receive mutual support.

## Services

In times of crisis we may be able to provide short term practical assistance.

We may also be able to offer short term support via our Volunteer Scheme whose services include respite sitting, volunteer drivers, one to one support for carers and counselling.

## Social Events

Giving quality time to the Carer, providing a break from the caring role.