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

carers' HUB / YOUNG carers' HUB
Rochdale

Contact Us

Carers' Hub Rochdale is delivered by n-compass.

Office Opening Times: **Monday - Friday 9.00am - 5.00pm**

Telephone: **0345 0138 208 (calls charged at local rate)**

General Email: **enquiries@rochdalecarers.co.uk**

Website:
www.n-compass.org.uk/our-services/carers/rochdale-carers-hub

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

Address: **FREEPOST THE CARERS HUB ROCHDALE**

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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 EIGHT
adults are now providing unpaid care

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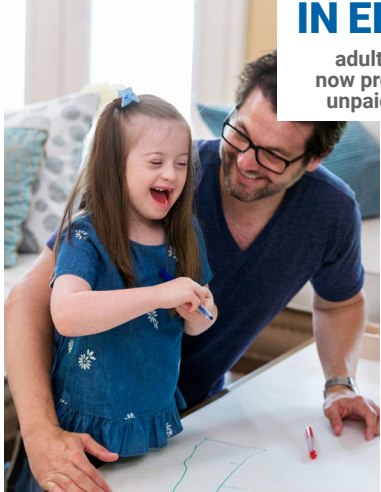
ROCHDALE

Carers' Hub Rochdale

The Carers' Hub Rochdale provides a single point of access for both young and adult Carers who provide care to a family member, friend or neighbour living in Rochdale. The Hub ensures that Carers of all ages have access to information, advice and a wide range of support services across the borough and nationally.

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 provides unpaid care, for a few hours a day or round the clock, to a family member, friend or neighbour who could not manage without their support. The care they give may be due to age, illness, disability, mental health problems, or substance misuse.

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 overtime.

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 and wellbeing affected?
• Is your education affected?
• Are you thinking about giving up work to care?
• Do you get any time to yourself?
• 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 for adult Carers?

Support can be provided from a dedicated Carers Information and Support officer and can include:

• Specialist 1-2-1 and group support
• Support to take breaks from caring, including befriending and peer support
• Newsletters detailing local groups, activities, and training
• Online Carers Community Network
• A 24/7 Volunteer manned Carers Help and Talk (CHAT) Line
• Support to access community and Health and Wellbeing services

What support is available for young Carers?

Support can be provided from a dedicated Young Carers Practitioner who will:

• Listen to you and help you and your family to think about what would make a difference
• Provide you with information about the illness or disability of the
• person you care for
• Help you get advice and support for the person you care for
• Help you to get in touch with other services
• Help you take a break from your caring role
• Introduce you to other Young Carers
• Help you to access support in school or college
• Help you be listened to and have your voice heard
• Regular newsletters full of information and activities
• Talk to you about ways in which you can take a break and have some fun by supporting you to access group work and activities