



carers'
HUB

Rochdale

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**
people in the UK
are Carers



How to get in touch

Address:
Freepost The Carers Hub Rochdale

General Email:
enquiries@rochdalecarers.co.uk

Website:
www.n-compass.org.uk/services/carers-support

Telephone:
0345 0138 208

- 1-2-1 or group based support
- Peer support
- Support to take a break including access to a volunteer sitting in service
- Information, advice and guidance
- Support to access community, health and wellbeing services
- Access to activities, training and much more