

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



Contact Us



Carers' Hub Rochdale is delivered by N-Compass.

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

Telephone: **01706 392060** (calls charged at local rate)

General Email: enquiries@rochdalecarers.co.uk

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

Website: www.carershubrochdale.org.uk

Address: **FREEPOST THE CARERS HUB ROCHDALE**

n-compass is registered in England & Wales as a Registered Charity No. 1128809 and as a company limited by guarantee No. 06845210



Do you have a family member, friend or neighbour who cannot manage without your support? Then we may be able to help you



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 loving 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 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 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
- Carers' Help and Talk (CHAT) Line and Pen Pal services
- 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 to 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
- **Support for young adult carers** - targeted support for young people aged 16-25 who are transitioning from young carers to adult carers

Enquiry Form

Carers' Hub Rochdale 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 THE CARERS HUB ROCHDALE

YOUR DETAILS:

Name

Address & 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.

Adult Carer Young Adult Carer Young Carer

Fill in and return this section to us

