

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



Contact Us

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

Telephone: **01539 457525**

General Email: **enquiries@wfcарers.org.uk**

Website: **www.wfcарers.org.uk**

Online Chat: **www.n-compass.org.uk/get-support/carers/**

Address: **FREEPOST Westmorland & Furness
Carer Support Service**

*N-Compass is registered in England & Wales as a Registered Charity
No. 7728809 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



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Westmorland & Furness Carer Support Service

The service is available to carers of all ages (5+) including young carers, parent carers and adult carers who provide unpaid care for a resident of Westmorland and Furness.

The service exists to ensure that carers have access to information, advice, and a wide range of support services that 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 their own health and wellbeing.



Who is a Carer?

A carer is someone who cares for a family member, friend or neighbour who could not manage without their support. Whether they require care because of mental illness, disability, health, age, or substance misuse problems.

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 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?

- Specialist 1-2-1 support planning
- Carers' Assessments
- Information, advice and guidance on a range of matters related to your caring role
- Support to take breaks from caring, including befriending and peer support
- Help to access health and wellbeing services
- Help to access community resources, networks and services
- Access to our Online Carers Community Network
- Carers Help and Talk (CHAT) Line and Pen Pal services
- Volunteering opportunities as 'Friends of Westmorland and Furness Carers', including volunteering for the CHAT Line and Pen Pal services
- Carers' Awareness Briefings for professionals

Enquiry Form



Westmorland & Furness Carer Support Service is 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 Westmorland & Furness Carer Support Service

YOUR DETAILS:

Name

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.

Fill in and return this section to us

