

What to do next

Give us a call on **01900 821976** or visit our website at www.westcumbriacarers.co.uk

If you would like to meet up with one of our support workers to find out more about how to access our services then give us a call.

We also offer a Lasting Power of Attorney Service

With a Lasting Power of Attorney (LPA), you can leave instructions about what should happen in the future if you are not able to look after your own affairs due to mental or physical incapacity.



Compliments, comments & complaints...

West Cumbria Carers welcomes all feedback about our services and will aim to use the information you provide to improve our service.

If you have a compliment, comment or complaint about our service then please let us know.

How to Contact us

West Cumbria Carers
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Cockermouth
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T: 01900 821976

E: general@westcumbriacarers.co.uk

www.westcumbriacarers.co.uk

 WestCumbriaCarers  @WCumbriaCarers

Charity No. 1119369 | Reg in England No. 6123034



West Cumbria Carers
Supporting young & adult carers

Are you looking after someone?



Tel: 01900 821976

Email: general@westcumbriacarers.co.uk
www.westcumbriacarers.co.uk

If so does any of this sound familiar?

Sally is 54 years old and works full time as well as caring for her elderly father John who has Dementia. Sally is beginning to feel the strain and is worrying that she may have to give up work to care for her father.

James is 47 years old and along with his wife Mary they care for their 14 year old son Aron who has Autism. James works full time but Mary has had to give up work to help and support Aron which has had a knock on effect with the family finances.

Sarah has been her brother Peter's carer for 16 years. For all of that time he has suffered from a mental health condition, with acute anxiety, the impact on Sarah has been unimaginable. Her life is constantly stressful and traumatic. She has to be constantly on alert for anything that might be a danger to Peter and due to this her own physical, mental and emotional health has been severely undermined by this constant stress.

Fred is the sole carer for his wife Sally who has mobility problems which means that gradually over the years Fred has had to take on more of the day to day tasks. He is increasingly having to manage the affairs of the household alone and at times can find the situation a little stressful.



We are here to help

West Cumbria Carers can offer a range of services to support those caring for someone.

A carer is anyone of any age who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

How we can help

- A Carers Assessment
- Telephone and face to face support
- Benefits support and assistance with filling in forms
- Information and signposting to other organisations
- Social events, day trips and a range of courses and classes
- Offer volunteer services



Donations

Any donation to West Cumbria Carers will help us to:

Support some of the 18,000 adults, children and young people in our area who look after a relative, friend or neighbour who could not manage without their help.