

Helping Carers Care

- provides information and support to carers and professionals who work with Carers

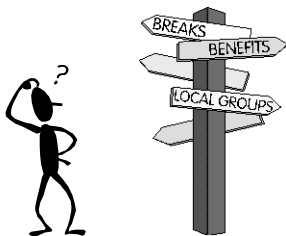
- produces a booklet on Carers' Groups and other Support Groups in the District

- organises training for Carers

- promotes better support for Carers by working with other organisations

- helps to identify gaps in services and highlights the effect on Carers

- offers training and awareness-raising for professionals who work with Carers



February 2012

If you think we can help

please telephone our Support Workers

on:

(01924) 305544

or e-mail:

info@carerswakefield.org.uk

or visit us at:

**25 King Street
Wakefield WF1 2SR**

(please ring to arrange a time)

or drop-in to the:

**Carers Coffee Morning
every Tuesday
10.30am - 12.00 noon**

**alternatively a
Support Worker
will visit you at home**

Wakefield & District Carers Association
Registered Charity No. 1053295

A Company Limited by Guarantee registered in England No. 3143673

Working in partnership with

wakefieldcouncil
working for you

and



Wakefield District

Helping Carers Care

Do you give help to a relative, child or friend who is ill, has a disability or has a mental health problem?

Do you need:

**SOMEONE TO TALK TO
A LISTENING EAR
INFORMATION
SUPPORT
ADVICE
ADVOCACY**

You can contact us or drop-in at our premises ...

25 King Street, Wakefield WF1 2SR
Telephone: (01924) 305544
E-mail: info@carerswakefield.org.uk
Website: www.carerswakefield.org.uk

Who are Carers?

Carers are ordinary people whose lives change because they are looking after relatives or friends who, because of disability, illness or the effects of old age, cannot manage at home without help.

- 6 million Carers throughout the UK
- 1 in 8 adults in the UK is a Carer
- 24% of people aged 45-64 are Carers
- 32% of Carers provide 20 or more hours of care per week

It is estimated that there are up to 35,076 Carers in the Wakefield District.

Some Carers provide just a few hours care a week; for others it is a 24 hours-a-day, seven-days-a-week job. The person cared for may live with the Carer, just around the corner, or some distance away.

Caring can be rewarding and satisfying but it can also be tiring and stressful.

What can Carers Wakefield & District offer?

We offer a confidential information and support service to Carers.

We try to help by.....

- Giving you time to talk-in confidence and at your own pace
- Giving you information about the help that is available
- Helping you "through the system" to arrange the support you need
- Putting you in touch with other Carers and Support Groups
- Keeping in touch with you, if you would like us to do so

We have information about:

Services * Equipment

Breaks for Carers

Benefits

Illnesses * Disabilities

Other Organisations

Like to know more?

If you would like to be kept informed of our events and activities, please complete this tear-off slip, return it to us and we will add your name to our List of Members (there is no membership fee).

Name

Address

.....

Post Code.....

Telephone

E-mail.....

My G.P. Surgery.....

.....

My Signature

I am a Carer

I work with Carers

Please return to:

**Carers Wakefield & District
FREEPOST NEA 8632
25 King Street
Wakefield WF1 2BR**