“At last... someone who understands my needs as a carer”

Unpaid adult carer

Talk to us in confidence
Call: 0191 4900121
Email: enquiries@gatesheadcarers.com
Visit: www.gatesheadcarers.com

Facebook /GatesheadCarers
Twitter @GatesheadCarers

Do you look after someone who cannot cope without your help?

Find out how we can help you!

Confidential support & advice for unpaid adult carers in Gateshead.
Short Break Groups & Activities

For those looking to take a short break from caring we offer a variety of groups to help carers combat some of the negative effects of caring.

Short Break Groups include:
- Carer Social Group
- Painting & Drawing
- Digital Photography
- Allotment Gardening
- BME and LGBT Support Groups

Who is a Carer?
A carer is someone who provides unpaid practical and emotional support to someone who cannot manage day-to-day activities due to their age, illness, mental health, physical or learning disabilities, alcohol or substance misuse. Parents are carers too if their dependent children have any disability or long term condition that has a substantial effect on day-to-day life.

Who Cares for the Carer?
Being a carer can be rewarding but it can also be very hard work both physically and emotionally. Carers need support services that help them maintain their own health and wellbeing in order to fulﬁl the demands of their caring role. At Gateshead Carers we aim to relieve some of the pressure carers experience by providing a range of personalised support. We also ensure that carers’ needs are represented by helping to inﬂuence the development of local and national government policies and services.

Personalised, Confidential Support
Many carers’ seek support at crisis point, but we are here to help at every step of your caring journey. We offer emotional and practical support at a time and place to suit your needs and can help you to have a ‘life of your own’ through our programme of short break groups and training sessions. (See next page for details)

Working & Caring
Working and caring can take its toll, and many carers ﬁnd they give up work in order to care for someone full time. Our dedicated support worker can advise you of your rights and help overcome issues often faced when working and caring.

Benefits for Carers
Carers are often unaware that they are entitled to ﬁnancial beneﬁts due to them as a carer. Our experienced team of support workers are here to help you understand which beneﬁts you could be entitled to and assist with making any necessary claims.

For further information on our services or to receive carer support, call Gateshead Carers on: 0191 4900121

22,220 people provide unpaid care across Gateshead... 65% of these have had health problems due to caring.