

Do you look after someone?

A voice for carers

Listening to your views, concerns and ideas.
Helping you influence service development
and delivery

*“It’s always good to find someone
willing to listen to your needs and
even better if they can do something
about it. Go on, make your voice
heard!”*

Contact us

*“It was alright to ask for help. I didn’t
have to face this by myself.”*

Address: Carers Northumberland,
107-109 Station Road, Ashington,
Northumberland, NE63 8RS.

Telephone: 01670 320025

Website: www.carersnorthumberland.org.uk

Email: info@carersnorthumberland.org.uk



Northumberland
COUNTY COUNCIL



**This leaflet is available in other languages
and formats**

We are a registered charity (charity number: 1122972) and a
company limited by guarantee (06266972), seeking to improve the
lives of carers throughout Northumberland



If you spend time **looking after
someone who depends on you**
because of physical or mental illness,
disability, frailty or substance misuse
then **Carers Northumberland is here
to support you.**

Want to know more?
Contact our information line on
01670 320025

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Putting carers first

Carers Northumberland can help you look after your own needs so that you stay fit, healthy and better able to carry on caring.

We encourage you to enjoy time for yourself too.

“Getting away from my caring responsibilities for a few hours and meeting other people in the same boat to talk about it made a huge difference.”



Supporting carers

- Someone to listen when you need to talk.
- Individual and group support.
- Locally based staff to meet with you.
- Events in your area, e.g. relaxation days, skills workshops.
- Access to money to help you take a break from caring.
- Peace of mind from the Carers Emergency Card Scheme.
- Support when your caring role changes.



Informing carers

Information Service offering:

- Responses to enquiries from carers and professionals, e.g. about benefits, access to breaks, social care support
- Access to detail about local, regional and national developments affecting carers
- Signposting to specialist support
- Quarterly newsletters to carers and professionals and monthly e-news in between newsletters

Information line

01670 320025 for support on care issues for carers and professionals.
(calls charged at local rate).

Find us on the internet at:

www.carersnorthumberland.org.uk

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