

Moving on

EVERYTHING THAT HAS A BEGINNING HAS AN ENDING.

MAKE YOUR PEACE WITH THAT AND ALL WILL BE WELL.

Buddhist saying

Carers Northumberland can help you to think about your future by

- assessing your personal skills with you
- supporting you towards other activities you might wish to pursue
- signposting other organizations that could give you specialist advice

Call Carers Northumberland about any carer issue on

0844 800 7354

(10am until 2pm weekdays, but leave a message at other times and we will call back at a time that suits you)

Email: info@carersnorthumberland.org.uk

This leaflet is available in other languages and formats

Reg. Charity No: 1122972

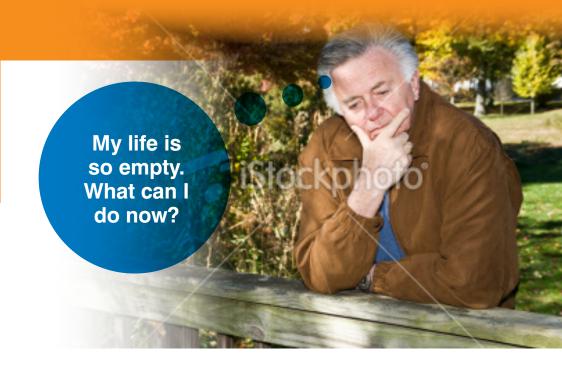






Did you look after someone?

WHEN CARING COMES TO AN END



0844 800 7354



How you may be feeling

- As if you are on an emotional roller coaster
- Weepy
- Lonely and alone
- Tired, but not sleeping well
- Not wanting to go out and see people
- Not sure which way to turn
- Confused as to what to do with your life now

What support can you get?

- Someone who will listen to you
- Access to bereavement support
- Signposting to help you out with difficult questions about changes to your benefits and overall financial situation
- Someone to talk with you to discuss all your different feelings
- Support from Carers Northumberland groups and activities for as long as a year after you have ceased to be a carer

Carers Northumberland is a carer-led organization that provides a range of information and support to carers

Want to know more?
Phone for information about
Carers Northumberland support

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