



Halton Carers' Centre



cut along dotted line

please tick

Yes I would like a Carers Information Pack and would like you to contact me

Name

Address

.....

.....

Postcode

Tel no

cut along dotted line

Place in an envelope and return to:
Freepost RRZU-YZEE-CCTR
Halton Carers Centre
62 Church Street
Runcorn WA7 1LD

Venue box



Halton Carers' Centre

62 Church Street • Runcorn • WA7 1LD
t 01928 580182

Peelhouse Family Centre • Peelhouse Lane
Widnes • WA8 6TJ
t 0151 257 9673

e help@haltoncarers.co.uk



Halton and St Helens



LOTTERY FUNDED

Halton Carers' Centre is a registered Charity. No.1124493
Company Limited by guarantee. No. 06574889



Halton Carers' Centre



? Do you look after someone?

Have you come to this appointment with a relative or friend today?



? Are you visiting a family member or friend in Hospital?



? Are you visiting a family member or friend in Hospital?

If the answer is **yes** to these questions **you are a carer** and could be accessing carer **support services**.



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Are you a carer?

For many people, being a carer means different things. Some people do not consider themselves as “carers”, instead they are just looking after someone close to them.

A carer is someone who provides help and support to a partner, child, relative, friend or neighbour who could not manage without their help.

The person you care for may require your help due to frailty, illness, learning or physical disability, sensory impairment, mental illness or addiction.

Many carers do not know what services are available and how to find support and services that they may find helpful.

- Is the person you care for in Hospital, or do you care for someone and are in Hospital yourself?

- Are you worried about how you'll cope?

If so, there is a wide range of services and support that can help you

About us

It can be a very confusing and distressing time when you are thinking about caring for someone who is coming out Hospital or you may have been caring for someone but their care needs have changed following a Hospital stay.

If you would like more information about supporting someone whilst they are in Hospital and when they are discharged, including discharge procedures and processes please contact the Hospital Liaison Carer Support Worker on **01928 580 182/ 07867359679** or email help@haltoncarers.co.uk

Caring for someone can be both rewarding and challenging. If you are caring for someone it is important that you ...

- Have access to information, advice and support
- Take care of your own physical and emotional health
- Find time to relax
- Have a break
- Have access to training and leisure opportunities
- Have someone to listen to you

All of our services are completely free and the service is completely confidential. Some of the services we provide to carers include:

- Information and advice
- Advocacy and support
- Emotional support
- Relaxation therapies
- Carer breaks
- Training courses
- Support groups
- Leisure opportunities
- Trips & outings
- Newsletters
- Carer consultation events
- Signposting to other agencies such as welfare benefits, counselling etc.



For a complete information pack about the services we offer, return the form overleaf, drop in and see us or telephone us on
01928 580 182
or email
help@haltoncarers.co.uk



www.haltoncarers.co.uk

