

carers'  
HUB

Lancashire

Do you have a family member, friend or neighbour who cannot manage without your support?

Then we may be able to help you



**ONE**  
**IN EIGHT**  
people in the UK  
are Carers



## What is a Carer?

A Carer is someone who cares for a family member, friend or neighbour who could not manage without their support. Whether they require care because of mental illness, disability, health, age, or substance misuse problems.

Caring for someone covers lots of different things, like helping with their washing, dressing or eating, taking them to regular appointments, or offering emotional support.

Carers' Hub Lancashire work across the county as part of Carers Lancashire providing support and information to adult carers (18+) and specialist support to Carers of Adults (16+) with a mental health condition.



According to Carers UK 6.5 million people in the UK are carers and this number continues to rise.

Every year over 2.1 million adults become carers and 1.4 million people provide over 50 hours of unpaid care per week.



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# What support is available?

- Specialist 1-2-1 and group support, including access to Carers Support Workers who are skilled in fields such as mental health, Dementia, ethnicity and health services
- Carers Line, answered by Workers who have knowledge and experience supporting Carers with enquiries
- Carers Help and Talk (CHAT) Line, answered by Volunteer Carers who can offer understanding and experience of the common challenges faced by Carers
- Quarterly newsletters detailing local Carers Coffee and Chat groups, activities and courses
- Carers Assessments including eligibility for Carers Personal Budgets
- Support to access community and health and wellbeing services
- Support with contingency planning, including an option for up to 72 hours free replacement care for emergencies where you are taken into hospital unexpectedly or are involved in an incident involving emergency services and no support is available from family or friends
- Information and support to take a break, including a Volunteer 1-2-1 and group Sitting-In Service
- Support for former Carers, including support to access community and health and wellbeing services
- Volunteering opportunities for Carers, including volunteering for the Sitting-In Service and CHAT Line
- Carers Awareness Briefings for professionals, including how to identify Carers, Carers rights and where to refer Carers for support

## Enquiry form



Carers' Hub Lancashire services are free and confidential. To be contacted by a Carers Hub Lancashire worker for more information or to register, please complete and return the enquiry form below.



Name:

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Postcode:

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Telephone:

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Email:

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Organisation *(if applicable)*

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Please tick to confirm:-

Consent has been given to contact the Carer/myself. A message can be left on their/my answer machine.

n-compass Northwest is committed to safeguarding and promoting the welfare of children, young people and adults



# Lancashire

Carers' Hub Lancashire works in partnership with Carers Link Lancashire to deliver the Carers Lancashire Service

## Contact Us

General Email:  
[cadmin@ncompassnorthwest.co.uk](mailto:cadmin@ncompassnorthwest.co.uk)  
  
Website:  
[ncompassnorthwest.co.uk/what-we-do/carers-support](http://ncompassnorthwest.co.uk/what-we-do/carers-support)  
  
Telephone: **0345 688 7113**



n-compass is a registered in England & Wales as a Registered Charity No. 1128809 and as a company limited by guarantee No. 06845210

# n|compass northwest

looking towards a brighter future

n-compass operates across the North West of England to make a positive difference and enhance life opportunities for adults and young people disadvantaged by disability, physical / mental illness, age or social exclusion.

## Head Office

**n-compass northwest Head Office**  
Edward VII Quay  
Navigation Way  
Ashton-on-Ribble  
Preston  
PR2 2YF  
  
Telephone: **0345 0138 208**  
Email: [admin@ncompassnorthwest.co.uk](mailto:admin@ncompassnorthwest.co.uk)  
[www.ncompassnorthwest.co.uk](http://www.ncompassnorthwest.co.uk)  
  
Monday – Friday: **8.00am – 6.00pm**  
Telephone: **0345 0138 208**  
  
n-compass northwest also provide a range of other services:  
**Advocacy, Carers, Counselling and Wellbeing Services**

# Enquiry form

Please return to:  
Carers' Hub Lancashire  
**FREEPOST: N-COMPASS NORTHWEST**

