

Homecare with our trained care workers

We understand you want to look after the person you care for as well as possible.

Our professionally trained care team are here to help support the person you care for. Personalised care helps enable them to live safely and more independently.

Whether you care for your elderly parents, an adult or child, our help can give you a break, and offer valuable support for the person you care for in a range of ways. This could include personal care, medication support, meal preparation, attendance at an appointment, shopping or enabling them to take part in a hobby or activity.

Our visits are usually an hour or more and where possible we plan for them to be from the same members of staff from our dedicated team.

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Looking after someone?

We can help you



Are you caring for someone?

We are here to help you get the support and advice that matters to you as a carer.

Whether you are a husband, wife, mother, father, partner, grandparent, son, daughter, friend or neighbour we know your role in caring for someone is important to you and the person you care for.

We are here **so that carers have choices.**

We can provide you with breaks from your caring responsibilities so you can take part in activities you enjoy. These breaks and our support can benefit your physical and mental health, and emotional wellbeing. This can make a real difference, both to you and the person you care for.

Any of us could become a carer:

- Jade is five years old and provides support to her mother with mental health issues.
- Muhammad is 19 years old and looks after his siblings with physical disabilities.
- John is 40 years old and cares for his partner who has cancer.
- Margaret is 65 years old and supports her elderly parents and a son with autism.
- Brian is 80 years old and looks after his wife who has dementia.

Caring together

We are a network partner of Carers Trust, the largest UK network of charities for carers, working together to improve support and services so that carers have choices.

As a regional charity working in Cambridgeshire, Peterborough and Norfolk, we provide information and advice, run services in our local communities and campaign for carers' rights. We work with other organisations to support them in becoming carer friendly.

We are also a leading fully Care Quality Commission (CQC) compliant organisation providing homecare and breaks for people with care needs.

Caring Together offer a range of support for carers and people they care for including*:

- Information, advice and guidance to help you in your caring role.
- Care in your home and community for adults and children.
- Dedicated staff to identify and arrange support for you.
- Local carer groups and support from other carers.
- Tailored services for young carers and young adult carers.
- Help to plan for the unexpected.
- Immediate support in a crisis.

Contact us to find out how we can help you.

* Some of our services are available at no cost to you. Not all services are available in all areas.

