



Caring for someone? in Cambridgeshire or Peterborough

We can help you



caringtogether.org



Are you caring for someone?

We know being a carer can have a significant effect on your health and wellbeing if you don't have the right support in place. It can make you feel like you don't have any choices.

If you are aged 18 or over and caring for someone, we are here to help you. Our support is centred around you, focusing on what matters to you and your family.

Information and advice

You can call us, attend one of our carer clinics, email us or contact us via our website. We can provide information about your rights as a carer and about support available to you in your caring role.

Our team have information for you about services for carers and will help you get the support that will benefit you the most. They can tell you about all the support we have for carers of all ages.

You can find information and resources on our website. We can send you our regular carers magazine and e-bulletins to keep you up to date with the latest news and support available.

"Thank you! You've been absolutely brilliant and I'm feeling so much better and well supported."

Planning ahead

It is essential to plan for the unexpected. We can help you to plan ahead – including our What If? emergency support which is there if an emergency means you're unable to carry out your caring role. We can help you plan support for key stages of your caring role, for example if you are a parent carer whose child is approaching adulthood, a young adult carer wanting to go to university or into employment, or if your caring role is coming to an end.

Breaks from caring

We can support you to have a break from your caring role. This includes opportunities to meet other carers face-to-face, online, or through activities with the person you care for.

Learning and training

We can enable you to get knowledge and skills to support you in your caring role, for example safe moving and handling, information about the condition of the person you care for, or maintaining your own health and wellbeing. These are online and face-to-face opportunities.

1:1 support

If your caring role is having a significant impact on your health and wellbeing, or you are approaching a time of transition, one of our carer advisers can give one-to-one support to help you cope better with your caring role.

Carer voice

We provide opportunities for you to have your voice as a carer heard – through consultations, helping us to develop our services, or with groups and boards such as Healthwatch, carers partnership boards and the local authority.

Carer's card

Our free carer's card can confirm to others that you are a carer. We are working with local businesses and organisations to offer benefits for carers.

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

Contact us to find out how we can help you.

Support provided on behalf of





We work with Making Space and Centre 33 to provide support for carers of all ages

Centre 33

Centre 33 is here for all young people across Cambridgeshire and Peterborough with emotional and practical support. If you are a young carer they can help with assessments, one to one support, specialist carer groups, information and advice, along with support around your transitions. They also train and support those working with young carers including their families, schools and partners to help them understand needs and provide help. Get in touch with them on 0333 4141809 or youngcarers@centre33.org.uk, or drop in and see them.

Making Space

The Cambridgeshire and Peterborough Carer Support service is for anyone caring for someone aged between 18 and 65 who has a mental health condition, and is all about you, the carer. Whether you need someone to talk about your own concerns, advice and support about the complex mental health needs of the person you care for or help navigating your way to other services, Making Space is there for you. Phone 01480 211006 or email C&PReferrals@makingspace.co.uk

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