



Looking after someone?

Whether it is a family
member, friend or neighbour,
we can help you

Cambridgeshire • Peterborough • Norfolk



Are you looking after a family member or friend?

They may need your help due to illness, disability, frailty, or mental health needs.

We are a charity that supports people like you who are caring for someone.

You may be a husband, wife, mother, father, partner, grandparent, son, daughter, friend or neighbour.

You may look after someone for just a couple of hours a week as needed, or 24/7.

We can make sure you get the information, advice and practical support you need.



Contact us

To find out more
Visit caringtogether.org
Email hello@caringtogether.org
Call 0345 241 0954

Professional homecare for the person you look after

Our professionally trained care team can support the person you care for at home or being out and about in the community.

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.

We are a fully Care Quality Commission (CQC) compliant organisation.



Caring Together Charity

We are determined that no one who looks after someone else (an unpaid carer) should be in crisis, isolated or struggling alone.

Looking after someone can affect your health, friendships, finances, hobbies and employment. Too many carers feel lonely, overwhelmed and confused about where to go for help.

As a registered charity, we are here to make sure that you are supported at every stage of your caring role.



Any of us could become an unpaid carer at any time:

- Jane is 40 and cares for her partner who has cancer.
- Brian is 80 and looks after his wife who has dementia.
- Muhammad is 19 years old and looks after his brother who has physical disabilities.
- Sandra is 55 years old and supports her elderly parents and a son with ADHD.
- Jade is five years old and provides support to her mother who has a mental health condition.
- Ben is 27 and helps his neighbour who is recovering from an accident.

More than three in five of us will be an unpaid carer in our lifetime.



Information and advice

Expert advice available to you online, or from our helpline, free magazine and email newsletter.

Learning and skills for caring

Sessions online or in-person so you feel more confident and equipped to look after someone.



Planning for emergencies

Help to plan ahead and have support in place in case something unexpected happens.



One-to-one support

Befriending, listening or counselling to help you cope better and feel stronger.



Breaks from looking after someone

Meet with others at one of our groups or trips, or have a care professional to step in and give you a break.

Carer's card

A free carer's card proves that you look after a family member or friend.



Support unpaid carers in your community

As a charity we rely on donations, fundraising and other financial support to provide our services.

Every donation makes a difference.

- A £10 donation could enable someone to receive support from our helpline for the very first time.
- A £20 donation could enable a child who looks after a disabled parent to enjoy a day out at the seaside.
- A £50 donation could mean an unpaid carer in emotional distress can receive counselling.

Visit caringtogether.org/donate

Caring Together Charity

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Parsons Green
St Ives
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Follow us



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