



Unpaid & Family Carers

There are over 55,000 unpaid and family carers in Cumbria

- ✚ Many have experienced significant difficulties throughout the COVID-19 Pandemic
- ✚ Many are or have isolated alongside the person they care for and cannot visit family and friends
- ✚ Most are juggling complicated lives managing caring, work and other family commitments
- ✚ Lots struggle as respite and day care services have closed cutting down access to help and a break from their caring role
- ✚ Some are suffering from physical exhaustion and their own health is failing
- ✚ Others' health has deteriorated under the stress, worry, and pressure of coping

PLEASE spend time to check with people, ask if they have caring responsibilities and how they are coping. Check up on their physical and mental wellbeing. Ask if they have people taking care of them. Help to connect them with local carers organisations who can offer some or all of the following:

- ✚ emotional support
- ✚ a listening ear
- ✚ information and guidance about health & social care issues
- ✚ volunteer support
- ✚ help with welfare benefits

If you have the carer's formal consent, you can refer them directly to one of these organisations. Alternatively, leave them the leaflet so that they can connect themselves.

Alzheimer's Society

Tel: 0333 150 3456

<https://www.alzheimers.org.uk/>



Carlisle Carers

Tel: 01228 542156 Email: admin@carlislecarers.co.uk

<https://www.n-compass.org.uk/our-services/carers/carlisle-carers>



Eden Carers

Tel: 01768 890280

<https://www.edencarers.co.uk/>



Furness Carers

Tel: 01229 822822 Email: admin@furnesscarers.co.uk

<https://www.furnesscarers.co.uk/>



Carer Support South Lakes

Tel: 01539 815970

Email: admin@carersupportsouthlakes.org.uk

<https://carersupportsouthlakes.org.uk/>



West Cumbria Carers

Tel: 01900 821976 Email: general@westcumbriacarers.co.uk

<https://www.westcumbriacarers.co.uk/how-to-contact/>



Parent Carers Forum

Facebook:

<https://www.facebook.com/groups/285327098231137>

