



## Contact Us



The Lancashire Carers Service is delivered in partnership by n-compass Northwest and Carers Link Lancashire.

### NORTH AND CENTRAL LANCASHIRE

Telephone: **0345 688 7113 option 2**  
General Email: [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)  
Website: [ncompassnorthwest.co.uk/what-we-do/carers-support](http://ncompassnorthwest.co.uk/what-we-do/carers-support)  
Online Chat: [ncompassnorthwest.co.uk/what-we-do/carers-support](http://ncompassnorthwest.co.uk/what-we-do/carers-support)  
Address: **Freepost LANCASHIRE CARERS SERVICE**

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

### EAST LANCASHIRE

Telephone: **0345 688 7113 option 1**  
General Email: [info@carerslinklancashire.co.uk](mailto:info@carerslinklancashire.co.uk)  
Website: [carerslinklancashire.co.uk](http://carerslinklancashire.co.uk)  
Online Chat: [carerslinklancashire.co.uk](http://carerslinklancashire.co.uk)

*Carers Link Lancashire is registered in England & Wales as a Registered Charity No. 1156275*

Please get in touch to see how we could help you.



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**  
adults are now providing unpaid care

# Who 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.



Caring for someone who relies on you can sometimes bring practical and emotional impacts which may affect your health and wellbeing.

Do you relate to any of the below? If so, we may be able to help you:

- Do you get enough sleep?
- Is your health affected?
- Are you thinking about giving up work to care?
- Do you get any time to yourself?
- Do you worry about what would happen to the person you care for if something should happen to you?

The Lancashire Carers Service works across the county providing support and information to adult Carers (18+).



## What support is available?

- Specialist 1-2-1 and group support
- Magazines twice a year detailing local groups, activities and courses
- Carers Assessments
- Support with planning for contingency or an emergency
- Support to access community and Health and Wellbeing services
- A 24/7 Volunteer manned Carers Help and Talk (CHAT) Line
- Volunteer Befriending and Sitting-In services
- Support for former Carers
- Volunteering opportunities for Carers, including volunteering for the CHAT Line, Befriending and Sitting-In services
- Carers Awareness Briefings for professionals



## Enquiry Form



The Lancashire Carers Services are free and confidential. To be contacted by a member of our team for more information or to register, please complete and return the enquiry form below to:

**Freepost LANCASHIRE CARERS SERVICE**

### YOUR DETAILS:

Name .....

Postcode .....

Email .....

Organisation (if applicable) .....

Telephone .....

### Please tick to confirm: -

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

**Fill in and return this section to us**

