



# Carers Together

supporting and connecting carers in local communities

Do you look after someone who is ill, frail, disabled or has mental health or substance misuse problems?

- A mum or dad
- A friend
- A brother or sister
- A partner
- A husband or wife
- A child
- A relative

If so, you are a carer.



Carers Together provides information and support for carers aged 18 and over, individually and in groups in Redcar & Cleveland and Middlesbrough.

This can be at home, in local community venues, at our premises or by phone or email.

01642 488977

Email: [carerstogether@btconnect.com](mailto:carerstogether@btconnect.com)

Carers Together

23 Queen Street, Redcar TS10 1AB.

St Mary's Centre, 82 – 90 Corporation Road, Middlesbrough TS1 2RW.

[www.carerstogether.co.uk](http://www.carerstogether.co.uk)



## Carers Together offers:

- Information and Support for carers
- Carers Assessments and support plans
- A Dementia Adviser service (in Redcar & Cleveland)
- A Carers Emergency Card
- A Carers Breaks Service
- A Welfare Rights Service
- A Counselling Service
- Support for carers of people in hospitals
- Information and support for employers
- Activities and events
- Training for carers and professionals

Our services help carers with any issues they may face, including finances, benefits, health problems, housing, training, employment, taking a break from caring or concerns about the person they care for.

## We will:

- Listen to carers
- Help carers to identify their needs
- Work with people to find solutions
- Support carers in meetings
- Liaise with other organizations
- Give carers a voice
- Provide flexible support that can adapt to people's changing needs.



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