

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

Contact Us



Warrington  
Carers Hub

Warrington Carers Hub is delivered by n-compass

Opening Times: Monday - Friday 9am - 5pm

Telephone: 0300 303 0623

General Email:  
[enquiries@warringtoncarershub.org.uk](mailto:enquiries@warringtoncarershub.org.uk)

Website: [www.warringtoncarershub.org.uk](http://www.warringtoncarershub.org.uk)

Address: Freepost WARRINGTON CARERS HUB



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



Warrington  
Carers Hub

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

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# Warrington Carers Hub

Warrington Carers Hub provides a single point of access for both young and adult Carers who provide care to a friend, family member or neighbour living in Warrington. The Hub ensures that Carers of all ages have access to information, advice and a wide range of support services across the borough and nationally.

These support services are designed to help Carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on a Carer's own health and wellbeing.



## Who is a Carer?

A Carer is someone who provides unpaid care, for a few hours a day or around the clock, to a family member, friend or neighbour who could not manage without their support. The care they give may be due to age, illness, disability, mental health problems, or substance misuse.

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 impact on your health, finances and quality of life and may become more stressful overtime.

**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?
- Is your education affected?
- Are you thinking about giving up work to care?
- Do you get any time to yourself?
- Do you feel lonely or isolated?
- Do you worry about what would happen to the person you care for if something should happen to you?

## What support is available for adults?

**Support can be provided from a dedicated Carers Support officer, and can include:**

- Specialist 1-2-1 and group support
- Support to take breaks from caring, including befriending and peer support
- Newsletters detailing local groups, activities, and training
- Online Carers Community Network
- A 24/7 Volunteer Carers Help and Talk (CHAT) Line
- Support to access community and Health and Wellbeing services
- Information, advice and guidance
- Support to maintain or return to learning/employment

## What support is available for Young Carers?

**Support can be provided from a dedicated Young Carers Practitioner, who will:**

- Offer you specialist 1:1 support
- Help you take a break from your caring role through group sessions, breaks and activities
- Introduce you to other Young Carers through drop in sessions
- Listen to you and help you and your family to think about what would make a difference
- Help you get advice and support for the person you care for
- Help you to get in touch with other services
- Help you to access support in school or college
- Help you be listened to and have your voice heard

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### Enquiry Form



Warrington Carers Hub 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 WARRINGTON CARERS HUB**

#### YOUR DETAILS:

Name .....

Address & 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

