

Introduction

Cheshire Carers Centre is a registered charity providing information, advice and support to Carers across Cheshire. We are part of the Princess Royal Trust for Carers network and have offices in Northwich, Macclesfield, Chester and Crewe. We provide our services across the two new unitary authorities Cheshire East and Cheshire West and Chester.

The Centre provides a range of services including a helpline service available 5 days a week 10 - 4 p.m. and drop in sessions where Carers can call in for information or participate in an organised activity. We manage the Cheshire East and the Cheshire West and Chester Carers Funds and Relaxation Vouchers. We have a number of special projects including the Disabled Children's Database Project and the Carers of Older People Project. All of our services are confidential.

At the beginning of April 2009 Cheshire County Council split into two new unitary authorities called Cheshire East and Cheshire West and Chester respectively. There will be a period of change as services are shaped to take on responsibilities for their new areas. Some of these changes are reflected in the Factsheets. If you have any questions about how these changes will effect services you receive, please contact Cheshire Carers Centre.

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You are a Carer if you look after a friend, relative, partner or neighbour with an illness or disability or who is elderly or frail. You may care for more than one person providing physical help, emotional support, personal care, help with medication or practical support such as shopping, washing or cleaning. Whatever level of support you are giving, you have an important and invaluable role to play.

Caring for someone can be exhausting, stressful and sometimes isolating, so it is important that you have access to information, advice and support when you need it.

This information pack is intended to provide you with basic information so that you are able to link into services and benefits and receive as much support as possible.

We hope you will find the information helpful but please do not hesitate to contact Cheshire Carers Centre for further information, advice and support. As far as possible, the information we provide is up to date. However, inevitably the information will change over time. The Factsheets are regularly reviewed so please contact the Centre to update your pack of information.

Cheshire Carers Centre cannot be held responsible for any errors, omissions or changes to the information in these Factsheets. The information is intended as guidance only, rather than recommendations endorsed