

Support for Carers



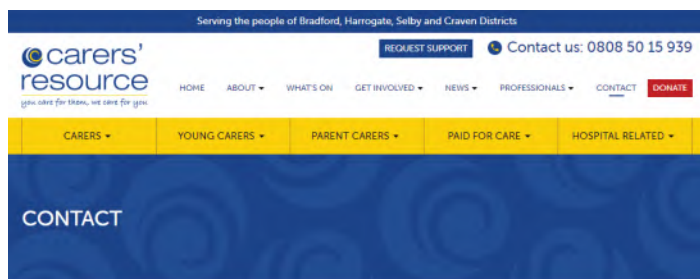
What is the Carers Service?

This service gives help and support to carers that are not paid. It is there to help them live their own life while being a carer.



This service provides carers the chance to get involved with activities.

This will be things like social activities, leisure, training, work and education.



If you would like more information please see the [Carers' Resource website](https://www.carersresource.org.uk/).

Carers' Resource



Young Carers



Care@ Carers' Resource



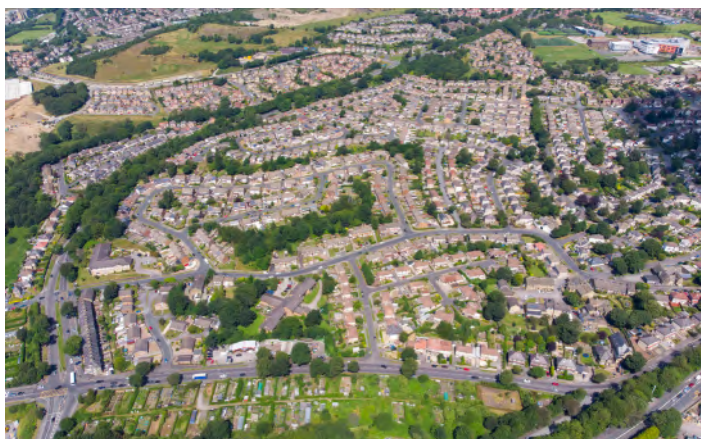
How does the service work?



The service works across the Bradford and Craven districts. Local working staff are there to provide support across the whole area.



GP surgeries, community venues and other health and social care professionals can help with this service.



You can contact Carers' Resource to find out who offers the service in your area.



The service is there to help carers have a life of their own and make it easier for them while caring for someone.

What is available?



- A newsletter every 3 months and regular texts and emails with other information
- support for isolated carers that can not leave the house or live in a remote area
- practical carer support
- a review of the carer's wellbeing to see what support they can get
- carers will be told about services for themselves and the person they care for
- carers will be shown how to plan for emergencies



- a service that can manage carers
- carers will be able to share experiences of caring
- carers will be able to access breaks, education, training, leisure and employment
- supporting professionals and raising carer awareness
- a small grant for carers which gives them a one-off payment to help with their own health and well-being and relieve carer strain
- a way for carers' voices to be heard by local decision makers.



Carers' Resource can also give support for parent carers through the bespoke Parent Carer project.

Specialist key workers can help support parent carers individually or in groups.



Who is it for?

It is for unpaid carers of any age living or caring for someone in the Bradford, Airedale, Wharfedale and Craven areas.



Paid carers or people who do it as voluntary work for an organisation are not able to use this service.



Young carers can also get support from this service.

How do I access this service?



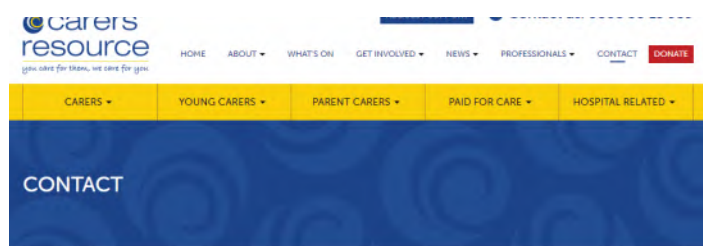
You can contact the service in person at:

Unit 15
Park View Court
St Paul's Road
Shipley
BD18 3DZ

You can also contact them on:

Telephone:
01274 449660

Website:
www.carersresource.org/contact/



The service also provides:

- Online access at all times
- out-of-hours information for carers to contact emergency help
- it also allows you to leave messages or use the website.

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Shipleigh base opening times:

Monday to Thursday 8.30am to 5pm
Friday 8.30am to 4.30pm
(Closed on Bank Holidays)

There will be a late opening one evening a week.



There is support at local venues across the district at other times.

You can get early morning and early evening appointments by getting in touch with Carers' Resource.



You can make an appointment for a home visit if you can't leave the person you care for.



The Carers' Service is free but you might have to pay for other services.

If the service is not free they will tell you how much you need to pay.