

# Who is a Carer?

A Carer is someone who, without payment, provides help and support to a parent, partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to age, physical or mental illness, substance misuse or disability.

## Young Carers

A Young Carer is someone under 18 who spends time looking after a member of the family due to illness, disability, or mental health conditions or a drug or alcohol problem.

## Parent Carers

A Parent Carer is someone over 18 who provides care to a disabled child for whom they have parental responsibility.

## No longer a Carer

We will not turn our back on you at what can be a difficult time, we can continue supporting you up to 12 months after your Caring role has ended.



# Carer Support SOUTH LAKES

Improving the lives of Carers of all ages

## Carer Support South Lakes

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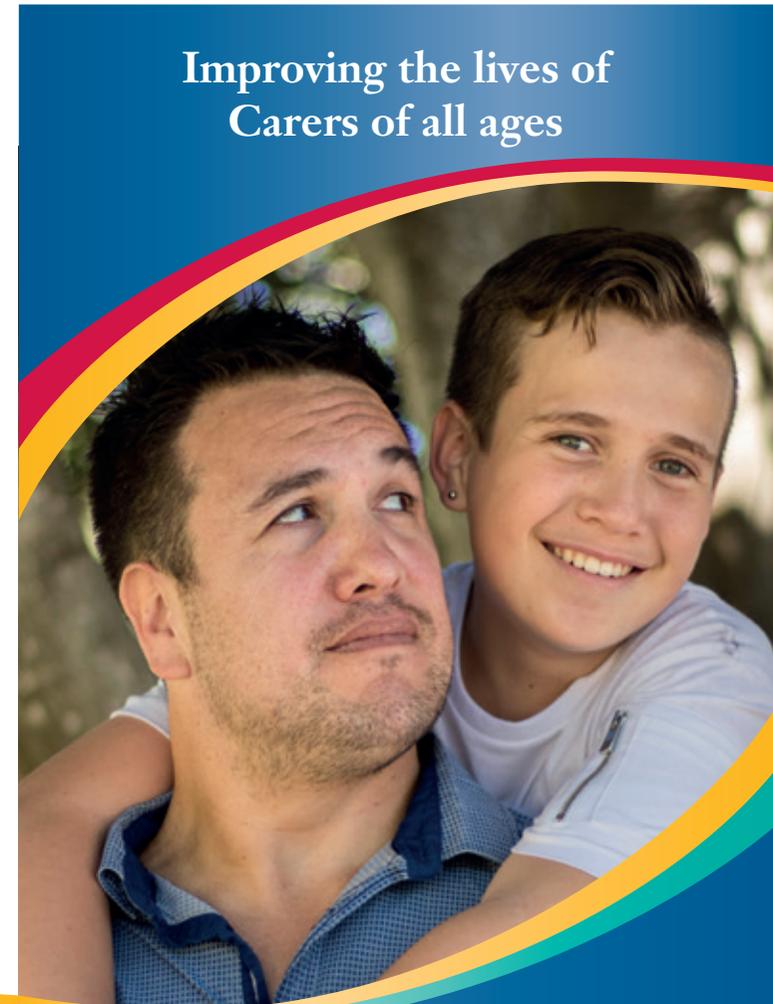
[admin@carersupportsouthlakes.org.uk](mailto:admin@carersupportsouthlakes.org.uk)

## Our Network Partners



# Carer Support South Lakes

Improving the lives of  
Carers of all ages



Design: Lili Creative Studio

# Welcome to Carer Support South Lakes

Carer Support South Lakes identifies the needs of unpaid Carers of any age and provides quality services, support and advocacy to promote their health and wellbeing.

Our Vision:  
**Improve the lives of Carers of all ages**

Our Values:  
**Support, enable & advocate**



## Our Services

### 1-1 Support

Sometimes being a Carer can feel a bit overwhelming and isolating, we can offer a confidential 1-1 either at our premises or in your home.

### Counselling

Counselling is a talking therapy. It is where you can talk to a counsellor, one to one, in a safe and confidential space. Having someone to talk to can make things seem less overwhelming and help you to make sense of what is happening.

### Sitting Service

Our Sitting Service enables you to take a break from your role as a Carer and have some much valued respite time secure in the knowledge that the person you care for is being looked after. This free service is provided for up to 3 hours at a time by vetted Volunteers. They provide company for the person you care for and is a presence in your home in case of an emergency thus giving you peace of mind. We can provide a maximum of 12 sits in a year.

### Support Groups

We hold a number of support groups across the South Lakes. See our website for details.

### Volunteers

Supporting Carers is extremely rewarding. The difference volunteers make to their lives is very apparent and much appreciated. Volunteering can give you the chance to meet new people: we organise social events throughout the year so that volunteers have the opportunity to meet new people, develop friendships and share their experiences.

### Carer-Connect

Connect with other Carers and access the information you need to support you in your role as a Carer [www.carer-connect.org.uk](http://www.carer-connect.org.uk)

[www.carersupportsouthlakes.org.uk](http://www.carersupportsouthlakes.org.uk)

