

# Support for unpaid carers

## Are you currently caring for a family member, partner or friend who needs help?

Many unpaid carers may not see themselves as needing services and many may feel that they are simply carrying out ordinary responsibilities as part of a family, yet the key role they play will see increased pressures due to the impact of COVID 19, particularly if they become ill or need to self-isolate

Whatever your situation, if you're providing support to someone that isn't part of paid or voluntary work, Cheshire East Council can provide support to ensure that people of all ages recognise themselves as carers and get the help available to them.

### Support Provided

Support will include

- information, and advice to help carers and support them in caring role
- Signposting to relevant teams and support services where further ongoing support is required
- The service also offers 'take a break' for any carer that needs to take some time out from their caring duties. We offer a maximum break up to 3 hrs and the break will be well planned and organised with yourselves.

### How to get help?

The Carers Hub can be contacted directly via telephone and email. Once you have submitted your enquiry (please provide your name and telephone number) a member of the team will be in touch to see how we can help. We aim to get back to you within 48 hours but please bear with us as we work through a large number of enquiries

**Telephone:** 0300 303 0208 (calls charged at local rates)

**Email:** [enquiries@cheshireeastcarershubs.co.uk](mailto:enquiries@cheshireeastcarershubs.co.uk)

\*A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.

### OFFICIAL

Please visit the **COVID 19 Mental Health Information Point** which contains a range of information and resources that you can use to overcome any anxieties you may have during this time of uncertainty

<http://www.cheshireeast.gov.uk/mentalhealthinfopoint>