

Unpaid Carers Support Service

If you provide unpaid care or support
to someone over the age of 18,
we are here to help



helping people to
BE HEARD
since 1995

Am I a carer?

If you care for anyone who, because of illness, frailty, disability, a mental health problem (including dementia) or addiction, could not cope without your care and support, and that care and support is unpaid, the answer is yes, you are a carer.

This applies whether you are caring for an adult, whether they are a family member, friend, neighbour, or part of your wider community

If you've got a problem, Carers Count can point you in the right direction. They are very good at knowing what services are out there.
-Don, Carer

What can you expect from Carers Count?

- A single point of contact
- To be listened to and be taken seriously
- To be treated with respect
- To be supported in a way that meets your individual needs
- To receive 1:1 support, advice, and information
- To gain access to a wide range of groups, events, and activities

How we can help?

We are here to answer any query you may have in regard to your caring role and to help in any way we can, including:

- Support and advice for carers to help them in their caring role.
- Emergency planning such as contingency plans.
- Signpost to other specialist services relevant to your needs or those of the person you care for.
- Groups where you can talk to other carers in similar situations.
- Activities you can attend to help you maintain your wellbeing.
- Our groups and activities can give you a much-needed rest from your caregiving duties, supporting your physical and mental health.

If we cannot assist you directly, we will try find someone who can.



About Carers Count Calderdale

Carers Count is a free service that provides support to unpaid carers aged 18+ living in Calderdale.

We work closely with a wide range of professional health and care services, Calderdale Council, charities, and community groups.

Our dedicated team is on hand to offer advice, information, support groups and activities for unpaid carers across Calderdale.

“
Get in touch with Carers Count. The help is there if you're brave enough to realise you do need and deserve the help they can offer. I am glad that I did!
”

 **01422 369101 (option 4)**

 **calderdale@carerscount.org.uk**

 **carerscount.org.uk/carers-count-calderdale**

 **Suite 6B, Rimani House, 14-16 Hall Street,
Halifax, HX1 5BD**