

BENEFITS TO WORKING CARERS

- Improved Health and Wellbeing
- Improved Financial Wellbeing
- Better Life and Work Balance
- Better Quality of Life
- Feeling Valued and Supported



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Charity No. 1118942 Company No. 6133161



WORKING CARERS AND EMPLOYERS

For Working Carers

3 STEPS

TO BALANCING WORKING AND CARING

www.workingcarersandemployers.co.uk

STEP 1

Contact us.

Call 0191 490 0121 or email at enquiries@gatesheadcarers.com

All of our services are free and confidential. We are dedicated to supporting carers. It is all that we do.



STEP 2

Tell us how we can help.

Carers come to us for support and advice on a whole range of matters including;

- Benefits
- Health and wellbeing including dealing with stress, guilt, confidence and social isolation
- Managing work and caring
- Carers Assessments
- Your rights as a carer
- Support to access training or education
- Short breaks from your caring role
- Dealing with health and social care professionals
- Training to support you in your caring role

STEP 3

Join the Gateshead Community of Carers.

- Receive personalised support.
- Let us help you to achieve your goals.

