

Gateshead Carers Factsheet

Who are we?

Gateshead Carers Association is a non-profit organisation and for the past 25 years we have worked with and for unpaid adult carers in Gateshead helping to empower them in their caring role. We believe that no carer should feel alone, and that it is vital all unpaid carers feel supported in their caring role, or feel supported to stop providing care, if that's what they choose to do.

Why do we support unpaid carers?

Being a carer can be one of the most difficult roles someone can have in their life - with around 50% of carers providing over 100 hours of support to the person they care for, we are here to support them through this time in their life. Being a carer is not uncommon either, there are over 22,000 residents across Gateshead who recognised themselves as unpaid carers, that's 11.1% of the town's population. A caring role affects many aspects of a carer's life including their mental and physical health, as carers will often prioritise the needs of the person they care for until they reach a breaking point.

How to get involved in supporting us?

As a registered charity we very much rely on the generosity of our supporters and donors. With your help and passion, we can be there for carers when they need someone to listen to them. By giving a regular donation, setting up a trust fund, signing up for an event or organising your own, you'll be making a real difference to the lives of unpaid carers in Gateshead.

Donate

You can make a big impact on the lives of unpaid carers with a single donation! You can become a regular monthly donor which allows us to always be there for unpaid carers. All donation can be made quick and easily on our website!

Volunteer

There are many ways you can contribute your time and skills to supporting us. We have lots of opportunities available and will always help you find you the role that will best suit your skills and interests.

Fundraise

Everyone has a passion, a skill, or a hobby and we would love to be able to use yours to directly help unpaid carers. From competitions to coffee mornings, you can make a difference to an unpaid carer's life by bringing your community together!

Spread the Word!

A quick mention about us to your friends, family, or anyone else you may know can really help us out! You might even help someone discover that they are a carer too; and of course, we will be there to listen and help them get any support they may need!

You can get even more inspiration and information on supporting us over on our website!



Gateshead Carers

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