

WHO ARE GATESHEAD CARERS?

Established in 1996, we are an award-winning charity, run by and for unpaid carers, that aims to make a positive difference in the lives of unpaid adult carers living in Gateshead. Our work is future-focused and it is about your strengths, hopes, and aspirations. Rather than asking "What's the matter?" we ask "What matters to you?".

We aim to work with carers to be stronger, more resilient, and more confident, especially in controlling their lives, claiming their rights, realising their potential, achieving their goals, and staying healthy mentally, physically, and financially.

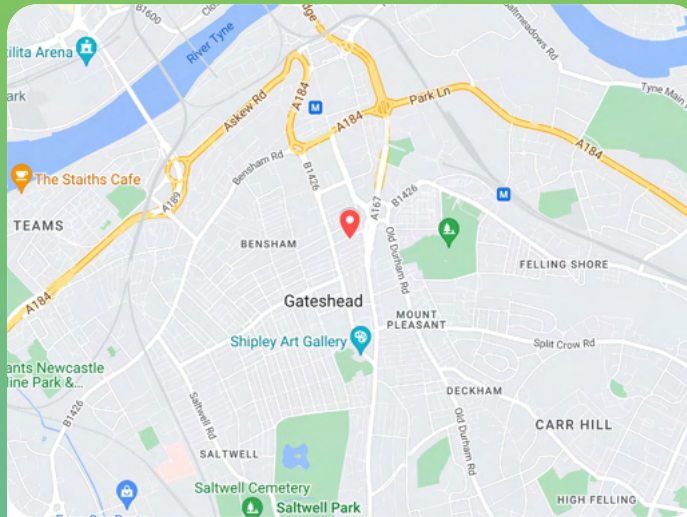
3 in 5 people in Gateshead will take on an unpaid caring role.

Over half will provide 100+ hours of unpaid care per week.

BE THERE FOR THOSE WHO CARE

To provide our services to an ever-growing number of unpaid adult carers, we rely on the generosity of others.

Please consider donating to make a significant impact on Gateshead's caring community. Together we can be here for the next generation of carers.



**Talk to us in confidence
0191 4900 121**



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Charity No. 1118942 | Company No. 6133161

A Network Partner of
**CARERS
TRUST**

Gateshead Carers



Do you look after someone who cannot cope without your help?

Find out about our confidential services
for adult carers and how we can help
you and your wellbeing.



www.gatesheadcarers.com



WHO IS A CARER?

A carer provides unpaid practical and emotional support to someone who cannot manage day-to-day activities due to their age, illness, mental health, physical or learning disabilities, alcohol or substance misuse.

Parents are carers too. If your child has a disability or long-term condition that substantially affects daily life and you support them; you are their carer.

WHO CARES FOR THE CARER?

Being a carer can be rewarding, but it can also be a physical and emotional struggle. Carers need support services that help them maintain their own health and well-being to fulfill their caring role's demands.

We aim to relieve some of the pressure carers experience by providing a range of personalised support. We also ensure that carer's needs are represented by helping to influence local and national government policies and services.

PERSONALISED & CONFIDENTIAL SUPPORT FOR CAREGIVERS

Many carers seek support at crisis points, but we are here to help at every step of your caring journey. We offer emotional and practical support at a time and place to suit your needs. We can help you to have a 'life of your own' through one-to-one personalised support, understand your rights as a caregiver and access opportunities to meet other caregivers.

WORKING & CARING

Many carers find they have to reduce their hours or give up work entirely in order to care for a loved one. We can advise you of your rights and help you overcome issues often faced when juggling working and caring.

CARER'S ASSESSMENTS

We conduct Carer's Assessments on behalf of Gateshead Council. This is a conversation about your caring role on how it impacts your life and what support you need.



SHORT BREAKS & GROUPS

We offer a variety of groups to relieve carers of some of the fatigue and stress of caring. Our Short Break Groups include:

- Crafts and Hobby Groups
- Social Groups
- Community Events and Fundraisers

We can also offer caregivers 1-3 night hotel breaks for a heavily reduced cost. Longer free breaks are available at our holiday home Caldew House which is based on the northern edge of the Lake District.

THE CARER WELLBEING FUND

At Gateshead Carers, we administer the Carer Wellbeing Fund. The Fund allows caregivers to apply for up to £200 for a break or for something to support them in their caring role.

To learn more about the criteria and how to apply, please read our separate Carer Wellbeing Fund leaflet or contact us.