



Are You A Carer?

For many people, being a Carer means different things. Some people do not consider themselves a “Carer”; instead they are just looking after someone close to them.

A Carer is someone who provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help.

The person you care for may require your care due to frailty, illness, learning, or physical disability, sensory impairment, mental illness or addiction.

Many Carers do not know what services are available or how to find support and services they may find helpful.

About Us

The Carers Centre was set up by Carers for Carers. It aims to be a one stop shop for Carers who are looking after a St Helens resident. Our staff team offer a range of services to assist and support you, as and when you require them. We provide a confidential service with FREE community services to Carers who are registered with us, these include:

- Information & Advice
- Emotional support
- Practical Help
- Benefits Advice
- Carers Assessments
- Training & Leisure Courses
- Breaks & Social activities
- Carers Discount Card
- Access to Carer Support Groups
- Young Carers Service
- Carers Emergency Card Scheme (CEC)
- Newsletter

Accessing Our Support

If you would like to register with us or would simply like to find out more, you can contact us Monday to Friday between 9.30 – 4pm and until 8pm every Wednesday. Alternatively you can register via our website or email, when it is convenient for you.

Drop in St Helens Carers Centre, 31-35 Baldwin Street, St Helens, WA10 2RS

Telephone 01744 675615

Email info@sthelenscarers.org.uk **Website** www.sthelenscarers.org.uk