

# #KirkleesThinkCarers

Dad has another appointment, how can I juggle everything?

Am I getting everything I'm entitled to?

If I'm ill, who will look after mum?

Nobody understands how I feel

I just need a break

I'm worried about the future



**As a carer looking after a family member, friend or child with additional needs you will have many questions and trying to find the answers can be time consuming and frustrating. Carers Count are here to help.**

- We can answer your questions.
- Provide information on support available locally for you and the person you care for.
- Check you are receiving the financial support you are entitled to.
- Help you get your voice heard by health and social care professionals.

**You are not on your own.** We are here to help you look after your own well-being and to support you in your caring role. Caring for a loved one can be a positive experience, however we understand that at times it can be challenging and exhausting. If you are over 18 and live in Kirklees please contact us for support on **0300 012 0231**, email us at **info@carerscount.org.uk** or check out our website at **www.carerscount.org.uk**.



**Who are we? – Carers Trust Mid Yorkshire is a local charity working in partnership with Kirklees Council to support unpaid family carers at no cost to themselves in an emergency or to access a regular weekly break where needed. As a charity we care for people not for profit. No-one cares more than Carers Trust.**

Carers Trust Mid Yorkshire respects the individuality of carers and people with care needs and seeks to promote choice, independence, dignity and safety. We believe that carers must have access to high quality services. We are registered as 'Good' with CQC and our staff are trained to a high level to be able to support people with complex needs and health conditions including providing support with medication and personal care where needed.

**Support Services:**

- Weekly breaks / Support in the home
- Group support sessions
- Bathing Service
- Emergency Carer Support

**Tel: 01484 537036 (office)**

**Email: info@CTMY.org.uk**

**www.carerstrustmidyorkshire.org.uk**

Milford House, Unit 9 Shaw Park, Silver Street, Aspley, Huddersfield, HD59AF



**Kirkwood**  
The Hospice for Kirklees

**Do you support someone who has a life limiting condition? At Kirkwood, we don't only support people living with cancer. We are here for you if you help someone living with any life limiting illness, such as: Dementia, Heart Failure, Cancer, COPD, Liver Disease and Neurological Conditions.**

Do you want to meet people in similar situations?

Receive support and advice from Social Workers, Nurses, Occupational Therapist, Physios & Counsellors?

Do you want to learn new skills to help you support your loved one?

Do you want to talk?



The Share & Care Service at Kirkwood offers a range of specialist carer information and training for you...

**Services we offer include:**

- Educational courses: Fatigue Management, Moving & Handling, Coping Skills, Looking After Vulnerable Skin and Mindfulness
- Peer and Emotional Support Group, Carers Retreat – Social Drop In, Complementary therapy
- Social activities such as Film Afternoons and a special Summer Afternoon Tea party.

Do you feel anxious about coming to the Hospice?

Drop into the Support & Therapy department or give us a call on **01484 557900** and we can meet you here and introduce you to the team.

**Believe in children**



**Barnardo's**



**While Barnardo's wholeheartedly recognises the enormous contribution that carers of all ages make, KYC specifically supports Young Carers aged 8-18 across Kirklees.**

The service provides assessed support through 1:1 sessions and targeted group work. We also run holiday activities and trips to give young carers a break from caring. We use a 'whole family' approach and believe in the strength of multi-agency and partnership working. Barnardo's in partnership with Carers Count and other

organisations also provide a 'transition' support service to young adult carers aged 16-25.

If you know a young person caring for someone with a physical or mental health condition or disability, please contact us for more information on **01484 426100** or check out our website:

**[www.barnardos.org.uk/kirklees-ycs.htm](http://www.barnardos.org.uk/kirklees-ycs.htm)**

# Useful Contacts

#KirkleesThinkCarers

## **Kirklees Council Gateway to Care**

Information, support and advice on social care and support services in Kirklees  
01484 414933

## **PCAN**

Parents of children with additional needs  
07754 102336  
[www.pcankirklees.org](http://www.pcankirklees.org)

## **Carers UK**

Information, advice and support for carers  
0808 808 7777  
[www.carersuk.org](http://www.carersuk.org)

## **Kirklees Dementia Hub**

Information and help for people living with dementia and their carers.  
01484 503908

## **Department of Works and Pensions**

0345 712 3456

## **Locala, Single Point of Contact**

Majority of adult therapies and childrens therapy services  
0300 304 5555

## **Personal Independence Payment**

0800 917 2222

## **Attendance Allowance**

0800 731 0122

## **Disability Living Allowance**

0800 121 4600

## **Kirklees Citizens Advice and Law Centre**

0344 848 7970

## **Accessible Homes Team**

01484 225335

