

Who is Sunderland Carers Centre for?

If the person you look after lives in Sunderland, you can get confidential information and advice; direct support or simply an opportunity to talk to someone about your caring role.

We understand looking after someone close to you can affect everyone in a household, so we take a 'whole-family' approach and can support you and all your family.

Staffed by professionals with a range of specialist knowledge, you can visit the Centre or simply phone us, go on our website or email us. Staff can also arrange a visit to your home or meet you somewhere else, like a café – whatever suits you best.



The information in this leaflet is available on our website www.sunderlandcarers.co.uk or can be requested in different formats or languages. Phone 0191 549 3768, email contactus@sunderlandcarers.co.uk or the 'contact us' section on the website.

Registered Charity No: 118502. Company limited by guarantee No: 5842011.
Registered England and Wales

Get In touch to find out more:



Pop in: 9am to 5pm – Thompson Road, Sunderland, SR5 1SF
(Outside office times – by appointment)

Phone: 0191 549 3768

Email: contactus@sunderlandcarers.co.uk

Lots more: www.sunderlandcarers.co.uk



Do you look after someone who has a long-term, physical or mental illness, is disabled or frail?

Could you do with some help, advice or just someone to talk to?

Sunderland Carers Centre is here to help.



The kind of things we offer you:

- One-to-one support and a listening ear – where and when you need it
- Carrying out Carer's Assessments on behalf of Sunderland City Council. A Carer's Assessment will look at how caring affects your life and consider how your own well-being can be supported now and in the future
- General information, advice and guidance as well as signposting to other agencies who may be able to help you – including organisations like welfare rights
- Representation and support at meetings with other services – to make sure you are getting all the help you are entitled to
- Support and advice including guidance about Education, Health and Care Plans (EHCP) – if your child has special educational needs or a disability
- Peer support (groups) and social activities provided, usually free, by the centre and other local agencies – including courses on care-related subjects or general interest
- Targeted support – including for parent carers with children 0-25; carers of adults with learning difficulties; if the person you look after has a mental illness or meetings specific to your local area
- Groups, workshops and training opportunities – to help you in your caring role or to give you some time out and meet others in a similar situation.

Am I a carer?

Many people do not see themselves as carers. They are parents; grandparents; husbands, wives, partners; relatives, friends or neighbours just doing what needs to be done for the people they care about.

If you support a family member or friend to maintain their health, wellbeing and quality of life, then you are a carer.

This could mean your day to day lifestyle is affected, you have given up things you would have done before or you have to juggle your work or your social life.

Receiving information, advice, guidance and support can make a difference, and we are here to help.

Young carers

Sunderland Carers Centre also supports hundreds of young carers aged 5 to 25 years.

The Centre's trained staff offer one-to-one support and guidance to children and young adults whose lives are impacted by having a caring role. This might be because they look after someone themselves or are part of a family where someone is cared for and it has an impact on the young person's life.

Through a range of support and activities targeted at relevant age ranges the team helps young carers develop life skills, build confidence, develop friendships and relationships, and provides time out from their caring role.

The young carers team also works to build and maintain excellent relationships with local schools, Sunderland College and the University of Sunderland to further identify and support young carers.

What is a 'caring role' and what do carers do for the people they look after?

This can vary considerably.

A carer might provide a few hours of care a week or care around the clock. The list is not exhaustive but, for example, this could be things like:

- Practical help such as preparing meals; doing laundry or shopping
- Keeping an eye on the person they look after and providing emotional support to them
- Collecting medication and attending medical appointments with them
- Taking them out or on holidays
- Helping with or managing finances
- Supporting them or fully managing health and social care services and benefits
- Help with aspects of personal care, such as bathing, dressing or eating
- Providing physical help like assisting them to get in and out of bed or climbing stairs.

