



We'd love to hear from you!

To sign up with Carers Count please give your details below

Name.....

Address

.....

Postcode

Tel.....

Email.....

I am (please circle)

Carer

Ex-carer

Other (please state)

What would you like from our service? (please tick)

Newsletter Befriending

Information & Advice Peer/Emotional Support

Carers Groups Volunteering

Training Advocacy

Please return to Carers Count, 8 Upperhead Row, Huddersfield, West Yorkshire HD1 2JN



Information and Support for Carers in Kirklees



If you give time and energy, without being paid, to look after a family member or friend who can't manage on their own, then Carers Count could support you.

0300 012 0231

www.carerscount.org.uk

Looking after someone can be a positive experience but it can also be challenging and exhausting both physically and emotionally.

Doing this with little or no support can be isolating and have a real impact on your health and other areas of your life.



Carers Count can work with you to look after your own wellbeing or other worries before they become too much for you to cope with, or get in the way of your ability to carry on your caring role.

Our service is happy to speak to people who are at the early stages of caring and help them prepare for their caring role, to people who have been carers for a while, and people who are moving on when their caring role has changed or ended.



Carers Count:

- **Provides advice and information**
- **Runs groups, activities and sessions.**
- **Provides support and helps carers to support each other.**
- **Helps carers have a voice and be heard**
- **Provides training**
- **Helps to raise awareness of carers rights and issues**

We can support adult carers. If you are not sure if we can support you, please contact us anyway. If we can't, we will try and find a service that can.