

## WHO ARE GATESHEAD CARERS?

Established in 1996, we are an award-winning charity 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.

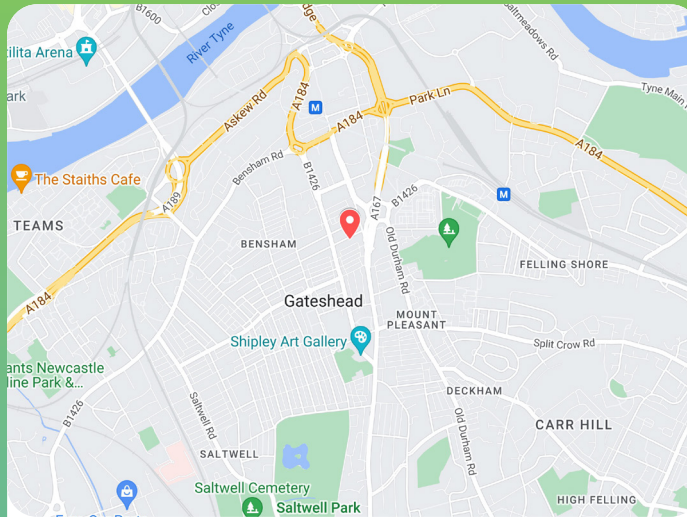
**3 in 5 people in Gateshead will take on an unpaid caring role.**

**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](http://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 their children have a disability or long-term condition that substantially affects day-to-day life.

## 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

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 and can help you to have a 'life of your own' through our wellbeing programme of guided discussions and short break groups.

## WORKING & CARING

Many carers find they give up work to care for someone full time. We can advise you of your rights and help you overcome issues often faced when working and caring.

## BEFRIENDING

We offer a befriending service for caregivers and the people they care for. Enjoy a weekly telephone chat or visit at an arranged time that best suits you.



## SHORT BREAKS & GROUPS

We offer a variety of groups to help carers combat some of the negative effects of caring. Our Short Break Groups include:

- Sewing and Crafts
- Allotment Gardening
- Social Groups
- BME and LGBTQ+ Support Groups

## 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 see our separate Carer Wellbeing Fund leaflet or contact us.