



The West Lancashire Carers' Centre

How to Contact us or to Re-order Leaflets:

The West Lancashire Carers' Centre
Certacs House, 10/12 Westgate, Skelmersdale, Lancashire,
WN8 8AZ.

Tel: 01695 711243

Email: enquiries@prtwlcarers.org.uk

This information leaflet can be made available in large print, Braille and audio tape by contacting the Carers' Centre.

Data Protection

All information given is treated in the strictest confidence, and is covered by the Data Protection Act.

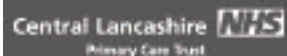
Complaints Procedure

We actively encourage anyone who is not satisfied with the service to contact us immediately on 01695 711243. All complaints will be fully investigated.

Are You a Carer?



Registered Charity Number
1123375



Company Number 6452662

For information ● For Support ● For You

01695 711243

There are over 12,500 unpaid carers and parents in West Lancashire - are you one of them?

Do you care for somebody with a disability?

Do you care for an elderly or frail parent or family member?

Do you care for a child with special needs?

Do you look after someone who is seriously ill?

Are you under 18 caring for a parent or relative?

Then you are a carer!

A carer is someone who, without payment, provides help and support to a relative, friend or neighbour who could not manage otherwise because of frailty, illness, disability or addiction.

Most carers would still not recognise themselves as a 'carer' – just someone trying to cope as best they can while helping to look after a husband, wife, child, parent or friend.



How Can The West Lancashire Carers' Centre help you?

If you are a carer we may be able to help you by:

- Providing information
- Providing **emotional support** – someone to talk to who understands
- Organising activities, training and fun days to help with your caring role, or just to let you recharge your batteries
- Letting your **voice be heard** at the Local and Lancashire Carers' Forums

We can also

- Help with **forms** and **writing letters**
- Help you understand your rights as a carer
- Help you to get **access to services**
- Support you at meetings and reviews



What Else can we Provide?

- A free **Carer's Information Pack**
- A free quarterly newsletter with informative and interesting articles written by, for and about carers and their caring role
- Carers' **Emergency Care Planning** service
- Free **Internet access** at the Centre
- Specialist support and Access to Health service for **older carers**
- A dedicated worker for **Parent Carers**
- The chance to join one of our **support groups**: Autism, Learning Disability Family Carer Network and Healing Hands

Call us now if you need assistance 01695 711243