

## For further information on the Carers Support Service

Call our helpline and information service, or email us.

**Tel:** 07826 930508  
(The cost of calls to a mobile phone from different operators and mobile providers may vary.)

**Email:** [price@carers.org](mailto:price@carers.org)

Open Monday–Friday, 9am–5pm

If you can't get through because our lines are busy or wish to call outside those hours, you can leave a message, we will call you back within one working day.

Or contact your local Outreach and Information Support Worker

**Ruth Allen, Armagh & Dungannon**

**Email:** [rallen@carers.org](mailto:rallen@carers.org)

**Tel:** 07702 819112

**Michelle Moulton, Craigavon & Banbridge**

**Email:** [mmoulton@carers.org](mailto:mmoulton@carers.org)

**Tel:** 07702 819111

**Clare Forsythe, Newry & Mourne**

**Email:** [cforsythe@carers.org](mailto:cforsythe@carers.org)

**Tel:** 07702 819109

**Carers.org/carers-support-service-northern-ireland**

 [www.facebook.com/CarersTrust](https://www.facebook.com/CarersTrust)

 [www.twitter.com/carustrustni](https://www.twitter.com/carustrustni)

## About Carers Trust Northern Ireland

Carers Trust Northern Ireland is part of Carers Trust, a major charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, **unpaid**, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

Our vision is that **unpaid carers** count and can access the help they need to live their lives.

Funded by



Southern Health  
and Social Care Trust

*Quality Care - for you, with you*

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: 32–36 Loman Street, London SE1 0EH. All library photos posed by models. © Carers Trust 2018.



## Looking after someone?

Carers Trust can help with advice on personal wellbeing, benefits and support, and can signpost for assistance with finance



## About our Carers Support Service

If you are looking after someone who wouldn't be able to cope on their own our Carers Trust Carers Support Service can help you.

We offer a helpline and information service, training and social events. All our services are **free and confidential** and available to **unpaid** carers aged 18 and over who provide substantial and regular care for anyone with a disability, an illness or who is older or frail. This includes carers who receive carer's allowance.

The service is funded by the **Southern Health and Social Care Trust** and is available to carers of people living in the Southern Trust area.

A carer is anyone who cares, **unpaid**, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.



## Our helpline and information service

Getting the right advice, support and information can help you in your caring role and make a big difference. To find out more, call our helpline and information service, or email us.

**Tel:** 07826 930508  
(Calls to a mobile phone from different operators and mobile providers may vary.)

**Email:** [price@carers.org](mailto:price@carers.org)

We will call you back within one working day.

### Our friendly and qualified staff will be able to give information on:

- Support and choices available to you as a carer.
- Carer support assessments to help you get the right support.
- Training and social events for carers.
- How to access advice on benefits.
- The Southern Health and Social Care Trust's carer support services.

Whatever your caring situation, we can offer information and advice over the phone or by email which can help you manage your caring role. And if we can't help, we can put you in touch with the service or support organisation that can.

And don't worry if this is the first time you've asked for help, we're here to help you take those first steps to getting the right support for you.

### Remember!

All our services are free and confidential

## Training and social events for carers

Our regular training and social events across the Southern Trust area are free to carers.

### Our welcoming sessions are run by experienced staff and will:

- Help you develop your own caring skills, knowledge and expertise.
- Give you the chance to meet other carers in a relaxed environment.
- Support you to look after your own health and wellbeing.

Sessions are usually held in the daytime, however we can be flexible to meet carers' needs.

### Topics for the sessions will cover areas such as:

- The caring role
- Work
- Finance
- How you feel
- Time for yourself
- Managing at home

Please contact us for details of upcoming events or to join our mailing list.

