



Hello from Carers Manchester

A partnership of statutory and voluntary organisations, working together to improve services for Manchester's unwaged carers.

Contact Point helpline:
0161 543 8000
Monday – Friday
10am – 4pm
except bank holidays

www.carersmanchester.org.uk
contactpoint@carersmanchester.org.uk

If your care concern is an emergency contact Manchester City Council's out of hours duty team on **0161 234 5001**.

Carers Manchester in partnership with:



and



Am I a carer?

A carer is someone of any age who supports, unwaged, a relative, partner or friend who due to physical or mental illness, disability, frailty or addiction could not manage without that support.

You might not think of yourself as a carer, but just as someone's partner, parent, son, daughter or friend.

A carer does not always live with the person they care for, or care for them full time. Recognising that you might be a carer means that you can access support, advice and guidance relevant to your situation.

As a carer you are not alone, there are an estimated 65,000 carers in Manchester and we are here to help you find the right support at the right time.



If you are a carer, you can have a carer's assessment to see what might help make your life easier.

Our Contact Point can provide more information on how to get one from Manchester City Council.

Carers Manchester Contact Point is a dedicated helpline for carers to access for support and guidance.

The team includes advice workers that can provide support in other languages.

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Visit www.carersmanchester.org.uk and fill in our enquiry form.



Services in your area

The locality based services are due to open in December, and will deliver support in your area and within your community. These services will provide outreach and support services in north, central and south Manchester.

Keep an eye on our website and social media pages for more details.

Learning and Development

We offer a number of FREE online workshops for carers that take place throughout the year.

We hope to start delivering face to face workshops by January 2021.

The purpose of these workshops are to provide you with the tools you need to take control of your caring role,

They offer you the opportunity to meet other carers who have had similar experiences to you. These include:

Modern Meditation
Managing Stress
Being a Carer
Welfare and Benefits
and many more.

Visit www.carersmanchester.org.uk or keep an eye on our Facebook and Twitter for details of dates and times.

Not familiar with Zoom (video conferencing?) Don't worry, we'll send you instructions when you sign up to the event.



Our Network

Our network is a partnership of 18 organisations working together to improve services for Manchester's carers. These are:

African and Caribbean Mental Health Services
African Caribbean Care Group
Alzheimer's Society
Connect Support
Gaddum
Himmat
Indian Senior Citizen's Centre
Lifted
LMCP Care Link
Manchester Carers Centre
Manchester Carers Forum
Manchester Jewish Federation
Moodswings
North Manchester Black Health Forum
Stroke Association
Talbot House
Together Dementia Support
Wai Yin Society

Visit our website to find out more about each organisation and what they can offer.

“An excellent, very thorough, professional service. I won't be hesitating to refer your service to others”, Carer

Carers Manchester is a partnership of statutory and voluntary organisations, working together to improve services for Manchester's 62,000 unwaged carers.

This partnership has developed a new pathway for carers in the city to receive advice, guidance and support.

Sign up to our fortnightly newsletter by visiting our website or emailing contactpoint@carersmanchester.org.uk.

Facebook: [@CarersManchester](https://www.facebook.com/CarersManchester)
Twitter: [@CarersMcr](https://twitter.com/CarersMcr)

