

## **Caring Responsibilities**

### **and Your Health**

Do you provide care for a relative, partner or friend? Does someone depend on you because they are frail or have ill health? If the answer is 'yes', you are one of the country's seven million carers.

In a recent national survey nearly 90% of people said that caring had an impact on their health. Many people were affected by stress, anxiety, depression or loss of sleep.

### **Carers' Advocacy**

Do you have caring responsibilities and are unsure about what help is available or how to get it? Do you feel no-one is listening to you? Or would you just like to talk things through with an independent person? The Carers' Advocate can help by guiding and supporting you to attain services and represent your views.

## **Parent Carer Support**

Caring for a child with a disability can leave a parent feeling isolated, under pressure and frustrated.

If you go on to join the parent carers forum, you will meet other parents and have the chance to influence the policy makers who provide local childrens services.

### **Counselling**

An opportunity for you to talk with one of our Counsellors in training, who are on placement, currently working towards their diploma. Counselling does not solve all of your problems but it can help you to find your own solutions.

### **Wirral Carers Register**

The register is a way of linking up and recording all the carers who live on the Wirral.

This register will ensure carers receive regular information on services or

changes to services that may help with their caring responsibilities. It will also help people who plan services and would like to consult with the carers about any changes. If you look after a child, parent, spouse or anyone who depends on you because of disability or an illness and would like more details of how to register please call the Carers Helpline.

### **Carers' Helpline**

A friendly voice at the end of the phone. We can answer your questions, tell you about local services or simply provide a listening ear.

You can ring anytime between 9.00am and 4.30pm, Monday to Friday on 0151 670 0777.

### **Wirral Carers Website and Forums**

[www.wirralcarers.co.uk](http://www.wirralcarers.co.uk)  
email: [info@wirralcarers.co.uk](mailto:info@wirralcarers.co.uk)

## Your Views

We're always pleased to hear from carers. If you have an issue that you want to discuss - or have an idea that would make life better for Wirral Carers - ring 0151 670 1500 and ask for the Carers Team or email [info@wirralcarers.co.uk](mailto:info@wirralcarers.co.uk)

- This leaflet is part of Wired's information series. Other leaflets in this series include:**
- Advocacy Services for Disabled Adults
  - Advocacy Service for Children who are looked after (in care)
  - Advocacy for School Pupils who are Disabled in a School Setting
  - Payroll Service
  - Direct Payments Advocacy
  - Shopmobility
  - Wirral Disability Action Forum

## The Wired Mission

Wired - promoting the equality, dignity and independence of disabled people and carers.

**For all Wired services (except for Shopmobility) contact:**

**contact:**

Cavendish Enterprise Centre,  
Brassey Street, Birkenhead, CH41 8BY

 Tel: 0151 670 1500

 Fax: 0151 670 1600

 Minicom: 0151 653 3230

Email: [contact@wired.me.uk](mailto:contact@wired.me.uk)

Web: [www.wired.me.uk](http://www.wired.me.uk)



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Company No: 2997803

## Support for Carers

### Information

Wired - an independent organisation - providing a range of services which promote the equality, dignity and independence of disabled people and carers, and influence others to do the same.

*Wired*  
Wirral Information Resource  
for Equality and Disability