

Please get in touch to see how we could help you

## Contact Us

**Telephone**  
0151 549 1412

**General Email**  
[enquiries@knowsleycarershub.org.uk](mailto:enquiries@knowsleycarershub.org.uk)

**Website**  
[www.knowsleycarershub.org.uk](http://www.knowsleycarershub.org.uk)

**Online Chat**  
<https://www.n-compass.org.uk/our-services/carers>

**Address**  
Freepost KNOWSLEY CARERS HUB



Do you have a family member, friend or neighbour who cannot manage without your support?  
Then we may be able to help you



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## Knowsley Carers Hub

Knowsley Carers Hub provides a single point of access for adult carers (18+) who care for someone of any age who resides in Knowsley or is registered with a GP in Knowsley. The Hub exists to ensure that carers have access to information, advice and guidance, and a wide range of support services.

These support services are designed to help carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on a carer's own health and wellbeing.



### Who is a Carer?







A carer is someone who cares for a family member, friend or neighbour who could not manage without their support.

Whether they require care because of mental illness, disability, health, age, or substance misuse problems.

Caring for someone covers lots of different things, like helping with their washing, dressing or eating, taking them to regular appointments, or offering emotional support.











Caring for someone who relies on you can impact on your health, finances and quality of life and may become more stressful over time.

**Do you relate to any of the below? If so, we may be able to help you:**

-  Do you get enough sleep?
-  Is your health affected?
-  Are you thinking about giving up work to care?
-  Do you get any time to yourself?
-  Do you feel lonely or isolated?
-  Do you worry about what would happen to the person you care for if something should happen to you?



### What support is available?

-  Specialist 1-2-1 and group support
-  Carers Assessments
-  Information, advice and guidance on range of matters relevant to the caring role, including benefits
-  Support to take breaks from caring, including befriending and peer support
-  Support to access health and wellbeing services
-  Support to access community resources, networks and services
-  Newsletters detailing local groups, activities and training
-  Online Carers Community Network
-  Carers Help and Talk (CHAT) Line and Pen Pal services
-  Support to access professional counselling
-  Volunteering opportunities as 'Friends of Knowsley Carers', including volunteering for the CHAT Line and Pen Pal services
-  Carers Awareness Briefings for professionals

## Enquiry Form



Knowsley Carers Hub is free and confidential. To be contacted by a member of our team for more information or to register, please complete and return the enquiry form below to:

**Freepost KNOWSLEY CARERS HUB**

Name

Postcode

Email

Organisation

if applicable

Telephone

**Please tick to confirm**

- Consent has been given to contact the carer/myself.  
A message can be left on their/my answer phone.

Fill in and return this section to us

