



supporting and connecting carers in local communities

Do you look after someone who is ill, frail, disabled or has mental health or substance misuse problems?

- A mum or dad
- A friend
- A brother or sister
- A partner
- A husband or wife
- A child
- A relative

If so, you are a carer.



Carers Together provides information and support for carers aged 18 and over, individually and in groups in Redcar & Cleveland and Middlesbrough.

This can be at home, in local community venues, at our premises or by phone or email.

01642 488977

Email: carerstgether@btconnect.com

Carers Together

23 Queen Street, Redcar TS10 1AB.


St Mary's Centre, 82 – 90 Corporation Road, Middlesbrough TS1 2RW.

www.carerstgether.co.uk



Carers Together offers:

- Information and Support for carers
- Carers Assessments and support plans
- A Carers Card
- A Welfare Rights Service
- A Counselling Service
- Support for carers of people in hospitals
- Information and support for employers
- Activities and events
- Training for carers and professionals



Our services help carers with any issues they may face, including finances, benefits, health problems, housing, training, employment, taking a break from caring or concerns about the person they care for.

We will:

- Listen to carers
- Help carers to identify their needs
- Work with people to find solutions
- Support carers in meetings
- Liaise with other organizations
- Give carers a voice
- Provide flexible support that can adapt to people's changing needs.

We welcome carers' feedback. Any complaints, compliments or suggestions for improvements can be made by phone, email, letter or to face-to-face to any of our staff.



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