

# Do you look after a family member?

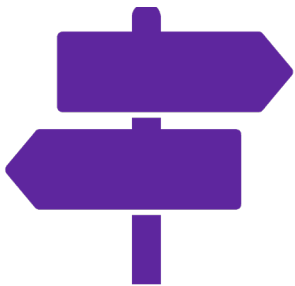
Support for carers in  
Cambridgeshire and Peterborough



# This information is for carers of all ages



# Care Network



01954 211919

[care-network.org.uk](https://care-network.org.uk)

- Supports all adults to live well, independently and keep in touch with their community.
- Community Navigators help you to find local support and things you enjoy.
- Help at Home to manage if you've been unwell or in hospital.
- Wellbeing support to build confidence and reconnect with your community.

# Caring Together

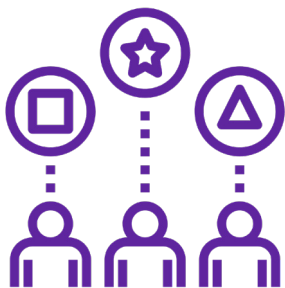


**0345 241 0954**

**[caringtogether.org](http://caringtogether.org)**



- **Supports carers aged over 18 caring for people of any age with any illness or disability.**
- **Carer helpline offers information and advice.**
- **Make an emergency plan so the person you look after is supported if you can't be there.**
- **Groups where you can meet other carers for support.**



0333 414 1809

[centre33.org.uk](https://centre33.org.uk)

- Supports young people aged 18 and under who look after a family member.
- Assessments to identify needs and reduce impact of caring.
- Support with moving to secondary school, college or university.
- One-to-one and group support and fun activities to give young carers a break.

# Healthwatch Cambridgeshire

# Healthwatch Peterborough

**healthwatch**  
Cambridgeshire

**healthwatch**  
Peterborough



Call 0330 355 1285

[healthwatchcambridgeshire.co.uk](http://healthwatchcambridgeshire.co.uk)

[healthwatchpeterborough.co.uk](http://healthwatchpeterborough.co.uk)

- Healthwatch speaks up for people who use NHS health and social care services.
- Tell Healthwatch about the services you use. Say what is good and what needs to be better.
- You can do this at a public meeting, online, or over the phone.
- Volunteer to help the NHS and care services understand what services are like for disabled people and carers.



# Making Space



01480 211006

[makingspace.co.uk/  
cambridgeshire-carer-support](https://makingspace.co.uk/cambridgeshire-carer-support)

- Supporting carers who look after someone living with a mental health condition aged between 18 and 65 years old.
- One-to-one support, with the same support worker to meet your needs.
- Carer support groups and coffee mornings held across Cambridgeshire and Peterborough.
- Our support isn't time limited and we will support you, in your caring role, for as long as you need us.



T 0345 241 0954

E [hello@caringtogether.org](mailto:hello@caringtogether.org)

[caringtogether.org](https://caringtogether.org)



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