

## Where you can find us



Thompson Park, Thompson Road,  
Sunderland, SR5 1SF

Telephone: (0191) 549 3768

E-mail addresses:  
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Website/Facebook/Twitter/Donate:  
[www.sunderlandcarers.co.uk](http://www.sunderlandcarers.co.uk)

The Carers' Centre is open  
Monday - Friday 9am – 5pm.  
Out of office hours by appointment

Principal funders



## Sunderland Carers' Centre

# Do you look after a family member, partner or friend who is ill, disabled or frail?

## Sunderland Carers' Centre is here to help you!

Registered Charity No. 1118502  
Company limited by guarantee No. 5842011 Registered in England and Wales



Sunderland Carers' Centre  
Thompson Park  
Thompson Road  
Sunderland  
SR5 1SF



## Who is a carer?... You could be

A carer is someone who, without payment, provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness or disability.

This may include helping with personal care, medication, cooking, shopping, housework and giving emotional support.

### Carers can be:

- male or female
- any age (including children looking after an ill or disabled parent, brother or sister)
- from any ethnic, religious or racial background and of any sexual orientation
- in part-time or full-time employment

"The Carers' Centre provides a break from isolation. It is surprising how isolated you get as a carer. You can make friends through the Centre and people accept you as you are".

Many people do not recognise themselves as carers. They are parents, grandparents, children, partners, friends or neighbours doing what needs to be done to maintain the quality of life for those they are looking after. They may not realise that support is available to help them in their caring role.

This leaflet can be made available in large print, audio and other languages.

## What is Sunderland Carers' Centre?

Sunderland Carers' Centre offers a confidential information, advice and support service to carers throughout the City of Sunderland (including Houghton-le-Spring, Hetton-le-Hole, Easington Lane and Washington).

### What the Centre can offer:

- Information and advice
- Support and a listening ear
- Support at meetings with health, social care services and other agencies
- Support groups where carers can meet others in a similar situation
- Courses on carer-related subjects
- Social activities to give carers a break
- Free newsletter
- Opportunities to influence service development
- Support and activities for young carers
- Carers' assessments

If you cannot come to the Centre, staff can arrange to visit you at home or other suitable place.

If you work during the day, someone will also be able to meet you after 5.00pm or at weekends.

## Would you like to know more?

I would like to receive the free newsletter:

by post  by email

Name: .....

Address: .....

Post Code: .....

Email: .....

I would like a worker to contact me.  
My phone number is: .....

Which best describes the condition of the person you care for?

Disabled child (aged 25 or under)

Physical disability

Learning disability

Hearing or sight impairment

Mental health problem

Drug or alcohol problem

Frailty/old age

Other .....

Is there a child or young person in the family that helps care for this person?

Yes

Where did you pick up this leaflet?

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