



My child has been diagnosed with a long-term condition and/or disability

How will this affect our other children?

How will this affect me financially?

Where can I meet other families to share experiences?

Where can I go for info, advice & support?



Sunderland Carers Centre can provide you with answers to all of the above questions plus much more.

Sunderland Carers Centre is a local charity that supports anyone who looks after a family member or friend.

Staffed by professionals with a range of specialist knowledge, we offer carers confidential information and advice, direct support, or simply an opportunity to talk to someone or get a break from their caring role.

We take a 'whole-family' approach as we understand looking after someone can affect everyone in a household.

The kind of things we offer you:

- 🍀 One-to-one support and listening ear – where and when you need it
- 🍀 General information, advice and guidance; as well as signposting to other agencies who may be able to help you - including organisations like Welfare Rights
- 🍀 Representation and support at meetings with other services – to make sure you are getting all the help you are entitled to
- 🍀 Peer Support (groups) and social activities, usually provided free by the centre and other local agencies – including courses on carer related subjects or general interest
- 🍀 Support for young carers – the centre's trained staff offer one-to-one support and guidance to children and young adults whose lives are impacted by having a caring role. Through a range of support and activities targeted at relevant age ranges, the team helps young carers develop life skills, build confidence, develop friendships and relationships and provides time out from their caring role.

Get in touch to find out more

Sunderland Carers Centre is here to help

Thompson Park, Thompson Road, Sunderland. SR5 1SF



(0191) 549 3768



contactus@sunderlandcarers.co.uk



www.sunderlandcarers.co.uk

