

Looking after someone can be a positive experience but it can be challenging and exhausting both physically and emotionally.

Doing this with little or no support can be isolating and have a real impact on your health and other areas of your life.

Carers Count can work with you to look after your own wellbeing or other worries before they become too much for you to cope with, or get in the way of your ability to carry on your caring role.

Carers Count...

- Provides advice and information
- Runs groups, activities and sessions
- Provides support and helps carers to support each other
- Helps carers have a voice and be heard
- Provides training
- Helps to raise awareness of carers rights and issues



Our service is happy to speak to people who are at the early stages of caring and help them prepare for their caring role, to people who have been carers for a while, and people who are moving on when their caring role has changed or ended.

We can support adult carers. If you are not sure if we can support you, please contact us anyway. If we can't, we will try to find a service that can.