Contact Us

Staffordshire Together for Carers Service

Staffordshire Together for Carers Service is delivered by n-compass in partnership with a range of organisations committed to supporting Carers. If you would like to talk to us about how we may be able to help you or access our services, please get in touch.

Office Opening Times: **Monday - Friday 9.00am - 5.00pm**

Telephone: **0300 303 0621 (calls charged at local rate)**

Text: **07786 201226**

General Email: **enquiries@staffordshiretogetherforcarers.org.uk**

Website: **www.staffordshiretogetherforcarers.org.uk**

Online Chat: **www.n-compass.org.uk/our-services/carers**

Address: **Freepost STAFFORDSHIRE TOGETHER FOR CARERS SERVICE**

Outside office opening hours registered Carers can talk to our team of supportive Volunteers on our Carers Help And Talk (CHAT) Line. Call 0330 022 9297 lines are open 24/7.

Alternatively, if you would like to explore the whole range of support options available to help you sustain your caring role please contact Staffordshire County Council who will undertake a Statutory Carers Assessment.

Telephone: **0300 111 8010**
General Email: **firstcontactcarers@staffordshire.gov.uk**

n-compass is registered in England & Wales as a Registered Charity No. 1128809 and as a company limited by guarantee No. 06845210.

n|compass towards a brighter future

Staffordshire County Council

NHS Staffordshire Clinical Commissioning Groups

Staffordshire Together for Carers Service

Do you have a family member, friend or neighbour who cannot manage without your support?

Then we may be able to help you

n|compass towards a brighter future

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Staffordshire Together for Carers Service

Staffordshire Together for Carers Service is available to Carers of all ages, including young Carers (5-18), and adult Carers (18+) who either live in Staffordshire, or are registered with a Staffordshire GP or are providing unpaid care to someone that lives in Staffordshire.

The service is delivered by a partnership of organisations who are committed to supporting Carers. The service exists to ensure that Carers have access to information, advice, and a wide range of support services that are designed to help Carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on their own health and wellbeing.

Who is a Carer?

A Carer is someone who provides unpaid care, for a few hours a day or round the clock, to a family member, friend or neighbour who could not manage without their support. The care they give may be due to age, illness, disability, mental health problems, or substance misuse.

Caring for someone covers lots of different things, like helping with their washing, dressing, or eating, taking them to regular appointments, or offering emotional support.

Caring for someone who relies on you can impact on your health, finances and quality of life and may become more stressful overtime.

Do you relate to any of the below? If so, we may be able to help you:

- Do you get enough sleep?
- Is your health affected?
- Is your education affected?
- Are you thinking about giving up work to care?
- Do you get any time to yourself?
- Do you feel lonely or isolated?
- Do you worry about what would happen to the person you care for if something should happen to you?

What support is available?

Once you get in touch with us, we can arrange for a dedicated Carers Information and Support Officer to get in touch with you. Our Carers Information and Support Officers will get to know you and provide you with support to meet your individual needs.

This could include:

- Support to access an assessment of your needs called a 'Statutory Carers Assessment'. Staffordshire County Council can undertake the assessment and develop a support plan based on your needs
- 1-2-1 and group-based support
- Information advice and guidance on range of matters relevant to the caring role
- Support to access community resources, networks, and services
- Support to take breaks from caring, including befriending and peer support
- Support to develop emergency and contingency plans and support with future planning
- Training and skills development
- Newsletters four times per year detailing local groups, activities and training
- Online Carers Community Network
- A 24/7 Volunteer manned Carers Help and Talk (CHAT) Line
- Volunteering opportunities as 'Friends of Staffordshire Carers', including volunteering for the CHAT Line

Enquiry Form

Staffordshire Together for Carers Service

Staffordshire Together for Carers Services are free and confidential. To be contacted by a member of our team for more information or to register, please complete and return the enquiry form below to:

Freepost STAFFORDSHIRE TOGETHER FOR CARERS SERVICE

YOUR DETAILS:

Name .....

Postcode .....

Email .....

Organisation (if applicable) .....

Telephone .....

Please tick to confirm:

❑ Consent has been given to contact the Carer/myself. A message can be left on their/my answer phone.

Fill in and return this section to us