

Making caring easier

We are a network partner of Carers Trust, the largest UK network of charities for carers, working together to improve support and services to make caring easier.

As a local charity we are here to help relieve the stresses of caring by providing quality support, information and guidance for family carers of all ages.

We are also a leading local fully Care Quality Commission (CQC) compliant organisation providing homecare and breaks for people with care needs.

Inspected and rated

Good



Looking after someone?

We can **help**

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Registered Charity Number 1091522.

West Anglia Crossroads Caring for Carers (known as Carers Trust Cambridgeshire, Peterborough, Norfolk) is a company limited by guarantee.

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Looking after someone?

We can **help**

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Family Carers

Young Carers

Homecare



Are you caring for someone?

- Sam is five years old and provides support to his mother with mental health issues
- Jade is 17 years old and looks after her siblings with physical disabilities
- John is 40 years old and cares for his partner who has cancer
- Margaret is 65 years old and supports her elderly parents and a son with Autism
- Brian is 80 years old and looks after his wife who has Dementia.

Many of us only recognise our relationships as a wife or husband, mother or father, partner, grandparent, child, friend or neighbour. We believe it is important to recognise and value your carer role too and to know your rights as a family carer.

Caring can be very rewarding but also very demanding; it can affect your physical and mental health and emotional wellbeing. It may also affect your finances, employment and education.

Information and practical breaks from caring are important to help protect your own health and wellbeing.

At every step, we can guide and help you find the advice, support and information you need.

We can help

We can help you

Carers Trust Cambridgeshire, Peterborough, Norfolk provides a vast range of support:*

- Flexible breaks for family carers of all ages
- Homecare at home or in the community
- Specialist dementia support
- A team to help identify and arrange the support you need to care
- Award winning Family Carers' Prescription
- Carers emergency planning
- Immediate support in a crisis
- Groups and activities for children with disabilities
- Young Carers and Young Adult Carers support and groups
- Family Carers Hubs and peer support
- Support for employers and working family carers
- Information, support and training for family carers
- Palliative care and end of life support.

* Some of our services are available at no cost to family carers. Not all services are available in all areas.

Find out more
01480 499090

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Homecare with our trained Care Workers

We understand taking the step to involve others in caring is difficult.

Our professionally trained care team are there to step into your shoes to support the person you care for with personalised care to enable them to live independently and safely.

Whether you care for your elderly parents, an adult or child, we can help give you a break. Our support could include:

- Personal care
- Medication support
- Appointments, outings and shopping
- Meal preparation and support
- Companionship.

Our visits are usually an hour or more and we always plan for the same members of staff from our dedicated team to call to provide continuity. We can help for as long and as often as you need.

To find out how we can help you, call our Family Carer Helpline on 01480 499090.

