

Who is a Carer?

'A carer spends a significant proportion of their life providing unpaid support to family or potentially friends. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems' At People's Place based at Tameside 1, we support Adult Carers over the age of 18.

How to register?

Carers can be referred in by professionals using our Referral to the Health and Wellbeing Service and emailed to CarersCentre@tameside.gov.uk.

Professionals are able to contact us by email/ telephone, should you have any questions regarding a Carer.

Carers can self-refer by:

- Calling in to our drop in sessions at People's Place
- Phoning the Carers Centre Number – 0161 342 3344
- Emailing CarersCentre@tameside.gov.uk

How can we help?

We can help in a variety of ways at the Carers Centre, we offer emotional and practical support.

- Carers Assessment
- Signposting to services
- Emotional Support, a listening ear
- Quarterly Newsletter – Signpost
- Help and advice around benefit entitlement such as Carers Allowance
- Access to Radar Keys

- Access to TEC Cards – Peace of Mind for Carer
- Drop in sessions, Hubs in Localities
- Information, support and advocacy
- Facebook Page with information – #Tameside Carers Centre

Centre Opening Hours

The Carers Centre, is based at The Peoples Place, Tameside 1, Market Place, Ashton. The Centre is open every day, offering drop-in sessions for Carers.

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| Monday | 10am – 2pm |
| Tuesday | 10am – 2pm |
| Wednesday | 9am – 11.30am |
| Thursday | 10am – 2pm |
| Friday | 10am – 2pm |

Future Plans

We are currently looking at our service offer, with plans to increase this in the coming months. We will continue to send up to date information. If you have any questions, please do not hesitate in contacting CarersCentre@tameside.gov.uk. We are able to come along and speak to your Team/Group.

Please do come and visit the centre, to have a look around and speak with our Wellbeing Advisors.

