

St Helens Adult Carers Centre

We are a local Charity that supports Adult Carers aged 18+

Who is an Adult Carer?

An Adult Carer is someone aged 18+. They provide regular or ongoing care to a family member or friend, who cannot manage without support because of their illness, frailty, physical health condition, mental health condition or substance misuse. St Helens Carers Centre aims to improve quality of life for unpaid carers.

Wellbeing Support

- Advice & Information
- 1 to 1 Emotional Support/A listening Ear
- Carer Assessments & Personalised Support Plans
- Tailored support to the specific needs of each carer
- Signposting and Referring to other Agencies and Professionals
- GP Support
- A dedicated Parent Carer Wellbeing Officer for those who care for a child with SEND
- Young Adult Carer Support for 18-25's

Activities/Respite

- Carer Membership Card
- Clubs & Support Groups
- Training Courses
- Events & Activities
- Holistic Therapies
- Discounted Gym Membership
- Carers Emergency Card

Welfare Benefits Advice

- Benefits checks & form filling for the Carer and the Cared for person
- Regular Universal Credit drop in



How to contact us

31-35 Baldwin Street, St Helens, WA10 2RS

Call: 01744 675615

Email: info@sthelenscarers.org.uk

Website: www.sthelenscarers.info



@sthelenscarers



www.facebook.com/Sthelenscarers

Scan me

