



carers'  
**HUB**

# Rochdale

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

**Then we may be able to help you**

**ONE  
IN SIX**  
people in the UK  
are Carers



carers'  
**HUB**

delivered by n-compass

# Rochdale

## What is the Carers' Hub Rochdale?

The Carers' Hub Rochdale provides a single point of access for all Carers including both young and adult Carers in the borough. The Hub exists to ensure that Carers of all ages have access to information, advice and a wide range of support services. These support services 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 a Carer's own health and wellbeing.

## Who is it for?

If you or someone you know provide care to a friend, family member or neighbour living in the Rochdale borough then you or they may be eligible to access a wide range of support services that could help. A Carer is someone who cares for another person that could not manage without such support, whether they require care because of mental illness, disability, health conditions, age or substance misuse problems. Caring for someone covers lots of different things like helping with washing, dressing, eating, taking them to regular appointments or offering emotional support.

## How can we help?

Once you get in touch with us, we can arrange for you to meet with a dedicated Carers Support Worker who will get to know you and understand your needs as a Carer. Your dedicated Carers Support Worker can offer you a Carers Assessment and will work with you to create a support plan to meet your individual needs. This could include:

- 1-2-1 or group based support
- Peer support
- Support to take a break including access to a volunteer sitting in service
- Access to a 24 hour chatline manned by volunteers
- Information, advice and guidance
- Support to access community, health and wellbeing services
- Access to activities, training and much more

## How to get in touch

Address:  
**Freepost The Carers Hub Rochdale**

General Email: [enquiries@rochdalecarers.co.uk](mailto:enquiries@rochdalecarers.co.uk)

Website: [www.n-compass.org.uk/services/carers-support/carers-hub-rochdale](http://www.n-compass.org.uk/services/carers-support/carers-hub-rochdale)

Telephone: **0345 0138 208**

*(Calls are charged at local rate)*

## Opening Times

Monday – Friday: **8.00am – 6.00pm**