





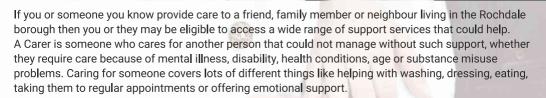


Rochdale

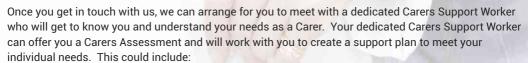
What is the Cares' Hub Rochdale?

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?



How can we help?



- 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

Opening Times

Address:

Freepost The Carers Hub Rochdale

General Email: enquiries@rochdalecarers.co.uk

Website: www.n-compass.org.uk/services/carers-support/carers-hub-rochdale

Telephone: 0345 0138 208

(Calls are charged at local rate)

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Monday - Friday: 8.00am - 6.00pm