

Support for Former Carers

A former carer is someone whose caring role has changed primarily due to bereavement or who feels that their caring role has substantially reduced because the person they care for has entered full time residential care, no longer needs support or has moved away.

Support we offer

Now that your caring role has ceased or significantly reduced we understand that you will have information and support needs that may continue for some time. That's why we've put together this factsheet to show you the type of help we can still offer.

The below shows you the services that are available to you as a former carer for 12 months.

• Magazine	✓
• Telephone Information	✓
• Telephone Support	✓
• 1 -to- 1 Support	✓
• Benefit Assistance	✓
• Group Meetings	✓
• Activities	✓
• Carers Caravan	✓

Volunteering with Carers Link Lancashire

Many former carers volunteer for Carers Link Lancashire as a way to support carers who may need some assistance. We are always keen for people to volunteer and have a variety of opportunities which you could take part in, such as:

- Providing assistance to other carers to give them a regular break through the group and individual Sitting in Service
- Helping us run our new charity shop and community cafe
- Helping with admin duties in our office
- Helping us with outreach in the communities. This can include at the local hospitals, cafés and at events
- Fundraising support through helping at events or organising your own fundraising activity
- Supporting our Young Carers at activities

A leaflet about volunteering has been included with this factsheet. If you would like more information then please call our Volunteer Co-ordinator on [01254 387444](tel:01254387444).

Extra Support for Former Carers

Former Carers Support Group

Former carers often benefit from the opportunity to talk to others in a similar situation, so we run a support group for them. Following feedback from former carers, we run the group as part of a lunchtime session at venues across East Lancashire.

This group is open to all former carers and meets approximately 8 times per year. Full details of upcoming meetings are listed in your magazine which you will continue to receive for one year.

Independent Support

A number of former carers have now set up their own support group that meets monthly, which is open to former carers and those who have gone past the one year of support we can provide. If you are interested in continuing to meet others, then you can contact them directly for more information on:

- Ann - 01254 694904
- Christine - 01254 392382

Bereavement

When the person you care for dies, it can sometimes be difficult coping. It is important to know that you are not alone and there are people and organisations who can support and guide you through this difficult time.

Community Solutions regularly run a course called **Community Wellbeing Grief & Loss**. This course can help people with issues of grief and provide people skills to support others facing issues of grief. It also helps to support people dealing with loss of relationships, jobs and finances. Call **01254 460080**.

Bereavement Support Payment

If your husband, wife or civil partner died on or after 6th April 2017 then you may be eligible for a bereavement support payment. There is some eligibility criteria, but for more information including assistance with the application form, our dedicated Benefits & Welfare Worker can help. Call **01254 387444**.

What happens next

When the time is right for you, we encourage you to take part in the activities and groups but understand that this may take some time. The Carers Support Workers specifically support former carers so if you have any questions or need further support please do not hesitate to contact them.

Carers Link Lancashire

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www.carerslinklancashire.co.uk

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East Lancashire

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The
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part of
Carers
Lancashire
Supporting carers locally

Affiliated to
CARERS UK
the voice of carers