

# CarersMK

## How We Can Help

If you are looking after someone who cannot manage without you because they are ill, frail or have a disability, then you are a carer and Carers MK can help you.

No matter how long you have been a carer, or who you care for, Carers MK is here to support you.

### We offer:

- Somebody to talk to in confidence who understands your situation
- Groups and workshops offering the opportunity to meet other carers and gain valuable information, advice and guidance
- Help to create an emergency plan
- Help with knowing your rights and entitlements
- Up to date information and advice on carers' issues
- Support for young carers and young adult carers
- Support for carers from diverse communities
- Support for older carers
- Guidance on health and social care services
- Up to date information on our website and social media

**Dedicated to supporting carers**

## **Information, Advice and Emotional Support**

When you first register with Carers MK you will have the opportunity to discuss your caring role with one of our experienced support workers, who will help you to look at what will help and support you in your caring role.

Please get in touch with us on 01908 231703 or [mail@carersmiltonkeynes.org](mailto:mail@carersmiltonkeynes.org) if you need information, advice or feel you are struggling with your caring role. All enquiries are treated in confidence. For more information, visit our website: [carersmiltonkeynes.org](http://carersmiltonkeynes.org)

## **Support to Find the Help You Need**

Carers MK can help you access relevant services that can support you and the person you care for, including referring you for a Carers Assessment. Our support workers will help you look at options and the most appropriate support available.

## **Groups, Workshops and Activities**

Carers MK runs groups and workshops to support you in your caring role, whether it's a Legal Advice Clinic, craft workshops, or coming together to meet other carers, share experiences and take a break from your caring role. For more information, call us on 01908 231703 or visit [carersmiltonkeynes.org](http://carersmiltonkeynes.org)

## **Carers Support in Hospital**

Carers MK is able to support carers in Milton Keynes University Hospital. If you or the person you care for are in hospital and would like some support or advice, contact us on 01908 231703 or [mail@carersmiltonkeynes.org](mailto:mail@carersmiltonkeynes.org) and our team will be able to help you.

## Working with GP Practices

Carers MK works closely with GP practices to help them support carers. We encourage carers to contact their GP practice and ask to be put on their carers' register.

## Counselling

Carers MK is able to offer a limited amount of counselling sessions for carers. These are delivered by placement and qualified counsellors external to Carers MK. Please note, we operate a waiting list and this offer only applies where a specific need has been identified by a support worker.

## Support for Young Carers

Our Young Carers team works with children and young people aged 8 - 16 who provide regular and significant care to a family member. The support we provide is tailored to the individual needs of the young carer. For more information, call us on 01908 231703 or visit:

[carersmiltonkeynes.org/information-for-carers/young-carers](http://carersmiltonkeynes.org/information-for-carers/young-carers)

## Support for Young Adult Carers

The Young Adult Carers team supports young people aged 16 - 25 as they transition into adulthood and independence. For more information, call us on 01908 231703 or visit:

[carersmiltonkeynes.org/information-for-carers/young-adult-carers](http://carersmiltonkeynes.org/information-for-carers/young-adult-carers)



For more information about Carers MK,  
please scan the QR code.

# CarersMK

## Contact Us

01908 231703

mail@carersmiltonkeynes.org

carersmiltonkeynes.org

## Opening Times

Monday, Tuesday, Thursday, Friday 9am - 5pm

Wednesday 9am - 7pm

## Follow us on social media



*Carers MK is an independent charity commissioned by Milton Keynes City Council to support unpaid carers throughout Milton Keynes. We work with a range of agencies and organisations to provide the best possible service to carers.*

**Dedicated to supporting carers**

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