

# SUPPORT SERVICES AVAILABLE TO CARERS



Information on local support services in the Merseyside area, benefit advice and other useful information for people caring for others  
[www.liverpool.gov.uk/adult-social-care/caring-for-someone/carers-support](http://www.liverpool.gov.uk/adult-social-care/caring-for-someone/carers-support)

**0800 144 8848**

Lines open Mon-Fri, 9am-5pm

Citizen's Advice offers information and support to people caring for another person. There is also information available on benefits, and how to access practical help, help with money and other information on how to access services.

[www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support](http://www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support)



**0151 709 0990**

Liverpool Carers Centre was established to provide recognition and support to carers by delivering a range of services that aim to improve their quality of life.

[www.localsolutions.org.uk/north-west-services/carers-support](http://www.localsolutions.org.uk/north-west-services/carers-support)



**0151 288 6060**

Lines open Mon-Fri, 9am – 4.30pm

Sefton Carers offers information on carer support services, advice on benefits and welfare, carer's assessment and offer free training courses and activities for all carers registered with the centre.

[www.sefton-carers.org.uk](http://www.sefton-carers.org.uk)



0333 323 1990



Lines open Mon-Thurs 9am-5pm, Friday 9am-4.30pm  
Crossroads Together supports unpaid carers of all ages and the people they care for. It provides information, advice, and practical support to new and existing carers with the aim of improving their health and wellbeing.

[www.crossroadstogether.org.uk](http://www.crossroadstogether.org.uk)

0808 808 7777

Lines open Mon-Fri, 9am – 6pm



Carers UK provide help and advice to people who are carers, regarding support, finances, assessments and more. Through Carers UK you can connect to the online community or services in your local area.

[www.carersuk.org](http://www.carersuk.org)

0151 705 2327



Helps carers who could benefit from the opportunity to recharge via complimentary leisure, cultural and educational activities by connecting them with local businesses and organisations.

[www.mytime4carers.co.uk](http://www.mytime4carers.co.uk)

0808 802 8080



From providing expert advice and guidance, to recovery and rehabilitation, through to transitioning to civilian life not just members of the Armed Forces but their families too. Also offering help to carers via Admiral nurses and network for carers.

[www.britishlegion.org.uk/get-support/care-and-independent-living/support-for-carers](http://www.britishlegion.org.uk/get-support/care-and-independent-living/support-for-carers)

The logo for Revitalise features the word "Revitalise" in a pink and grey font. Below it, the tagline "Respite holidays for disabled people and carers" is written in a smaller, grey font.

**Revitalise**  
Respite holidays for disabled people and carers

0303 303 0145

Vitalise is a national charity providing short breaks (respite care) for disabled people, visually impaired people and their carers. Currently running 3 holiday centres in Essex, Southampton and Southport

[www.revitalise.org.uk](http://www.revitalise.org.uk)



01892 860207

A charity which makes it possible for disabled people, children and adults to have a memorable and fulfilling holiday enabling the carer to have a break from caring. Can provide grants to families on a low income with a physically or mentally disabled dependant to have a modest holiday in the UK.

[www.3hfund.org.uk](http://www.3hfund.org.uk)