

## How we can help

We are here to answer any query you may have about your caring role and to help in any way we can. If we cannot assist you directly, we will always find someone who can. Here are some examples of the things we can help with:

- **Benefits and Grants** - we provide benefits checks and can even help to fill out the forms.
- **Financial clinics** - advice and guidance on financial matters.
- **Support and practical help** for the carer and the person they care for through Social Services.
- **Emergency care planning** and planning for the future.
- **Disability equipment and Assistive technology** (for example care phones).
- **Blue badges** and other transport help
- **Other specialist services** relevant to the person's needs.
- **Groups** where you can talk to other carers in similar situations to yourself.
- **Activities** to suit you and to help you do things you enjoy.
- **Help getting a break** - can be vital to help you stay healthy and maintain good wellbeing.
- **Someone to talk to** - we're here to listen and help.
- **Training and upskilling** - we deliver a range of training and sessions tailored to unpaid carers.

## What can carers expect from Barnsley Carers Service?

- ✓ A single point of contact
- ✓ To be listened to and be taken seriously
- ✓ To be treated with respect
- ✓ To be supported in a way that meets their individual needs

Barnsley Carers Service is run and facilitated by Cloverleaf Advocacy. Cloverleaf Advocacy has been helping people to be heard since 1995.



Cloverleaf Advocacy is a registered not for profit organisation Charity No. 1097608 and is a company limited by guarantee No. 3790911.

### Contact us

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**If you give your time or energy to look after a friend, family member, or child with additional needs then Barnsley Carers Service is here to help you.**

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## Who we are...

Barnsley Carers Service is a free service for unpaid carers. We work closely with a wide range of professional health and care services, Barnsley Council, charities, Barnsley Carers Forum, and community groups to provide support, advice and training designed to improve the quality of life and wellbeing of local carers.

Our team provides carers aged 18 and over with tailored resources designed to improve their lives, health, and wellbeing. We help carers to find balance in their busy lives and to access the support they need and are entitled to.

## Am I a carer?

A carer can be anyone, including children and adults, who looks after a loved one, family member, or friend who needs help because of illness, frailty, disability, a mental health problem or an addiction and could not cope without their support.

The care they give is unpaid.



Care support varies greatly, but includes dealing with crises, behaviours, letters, forms, appointments, emotional support, physical help to move around, dressing/undressing, personal care and hygiene, and cooking/preparing food.

Disabilities can include physical health, mental health, neurological conditions including dementia and autism, substance misuse, frailty, and other long-term conditions.



We know that often people do not see themselves as carers and can miss out on vital information and support to help them in their caring role.

Caring for someone can be very stressful and can affect your health, both physically and emotionally.



 **01226 288772**  
[www.barnsleycarers.co.uk](http://www.barnsleycarers.co.uk)