

Being a carer can be both rewarding and isolating, it can impact on your day-to-day life significantly, including, emotionally, financially and physically. As a carer you are also entitled to support and an assessment in your own right. Bury Carers' Hub supports adult carers caring for someone who is 18+, who live in the Bury area and is delivered by the charity n-compass.

Professionals can refer carers through our Connect and Direct Service at 0161 253 5151. They may also email us with any queries about a carer. Carers are welcome to self-refer by calling this number as well.

Bury Carers Hub

Bury Carers' Hub provides a single point of access for all adult carers (18+) supporting another adult living in Bury. The Hub exists to ensure that carers 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.



- The offer includes:
- Access to 1-2-1 support
- Information advice and guidance.
- Peer support, including Coffee & Chats and carer drop-in sessions.
- Training and volunteering opportunities.
- Access to the Carers Community Network, which is an on-line community platform for carers.
- Weekly day and evening ZOOM sessions.
- Access to a 24-hr/7 days a week CHAT line delivered by other carers.
- A private Facebook group.
- Pen-Pal scheme.
- Support to access community, health and wellbeing services.
- Access to a regular Bury Carers Hub magazine.

To find out how the Bury Carers' Hub can help, call the team on 0300 303 0207 / email: enquiries@burycarershub.org.uk

Young Carers

By definition, a young carer is someone under the age of 18 who looks after a family member or friend who has a physical or mental health condition, or misuses drugs or alcohol. They may also look after brothers, sisters or elderly relatives too. Though many children will help to care for siblings willingly and without complaint, the role could still be taking its toll. If there are other children in the family who help in any way with providing care, there is support available to them through the young carer's team.

If you have a Young Carer within your household or extended family, Bury Young Carers can give you:

- Individual advice and support
- The chance to meet other young carers
- Trips and activities

To make a referral into Bury Young Carers, fill in the referral form: [Young carers - Bury Council](#)

Contact directly on **0161 253 5144** or email buryyoungcarers@bury.gov.uk

