



### **n-compass Carers Services**

Work across the county as part of Carers Lancashire providing support and information to Adult Carers (18+) and specialist support to Carers of Adults (16+) with a Mental Health Condition.

### **What is a Carer?**

A Carer is someone who provides unpaid, often intensive support to family or friends who could not manage without support. This could be caring for a relative, partner, friend or neighbour who is ill, frail, disabled or who has mental health or substance misuse problems.

### **What Support is Available?**

We are available to take your call on 0345 688 7113, Monday – Friday, 8.00am – 6.00pm. We are ready to provide you with information, support and signposting to help you better undertake your caring role. Other support available includes:-

- Specialist 1-2-1 and group support, including access to Carers, support workers skilled in fields such as Mental Health, Dementia, BME and Health
- Information and support to have a break including a Volunteer Sitting-In Service
- Delivery of Carers Assessments, and provision of personal budgets
- Help in an emergency
- A quarterly newsletter detailing groups and activities in your area
- Grants for Carers groups, activities and courses
- Carers Awareness Training for professionals

Our Carers Involvement Strategy also provides Carers with a voice in shaping and developing services in the communities they live in.

### **Contact Information**

n-compass North West Limited  
Registered Office Address  
3 Errigal House,  
Avroe Crescent,  
Blackpool Business Park,  
Blackpool,  
Lancashire, FY4 2DP

Tel: 0345 688 7113  
Fax: 01253 407473  
[www.ncompassnorthwest.co.uk](http://www.ncompassnorthwest.co.uk)  
[admin@ncompassnorthwest.co.uk](mailto:admin@ncompassnorthwest.co.uk)

### **Telephone**

0345 688 7113

### **General Email**

[admin@ncompasscarerspoint.co.uk](mailto:admin@ncompasscarerspoint.co.uk)

### **Carers Assessment Email**

[carerslancashire@carersassessments.co.uk](mailto:carerslancashire@carersassessments.co.uk)