

Organisation	Client Group	Service	Contact details
CARERS SERVICES			
Alzheimers Society	Carers of people with dementia across Cheshire East	Provides expert information and one-to-one support from a dementia support worker to anyone who cares for someone with any type of dementia. Signposting, monthly dementia cafes offering mutual support.	Page 12 of Care Choices Directory – carer can contact provider direct 01625 503302 (north) 01270 219489 (south) Web: www.alzheimers.org.uk/cheshire
Cheshire & Warrington Carers Trust	Carers who are 18+ across Cheshire East	Carers Reablement (ReLive) Service provides one-to-one support to carers who are struggling to cope with their caring role, or are finding that it is getting more demanding. Referrals to the service must be made following a Carers Assessment. The Carers Trust can work for up to six weeks with the carer looking at ways they can take a break and help them to plan for the future including counselling and legal advice.	Page 11 of Care Choices Directory – referrals to this service be made following a carers assessment with the CEC Freephone helpline: 0800 0850307 Web: www.carersorg/Cheshire
Cheshire & Warrington Carers Trust	Carers who are 18+ across Cheshire East	Carer Breaks – Provides regular opportunities for carers to meet up at monthly group meetings running across Cheshire East or to take up a relaxation session, relaxation voucher and a group overnight break.	Page 11 of Care Choices Directory – carer can contact provider direct Freephone helpline: 0800 0850307 Web: www.carersorg/Cheshire
Cheshire & Warrington Carers Trust	Carers who are 18+ across Cheshire East	Carers Training – training is offered to carers including a Caring with Confidence course to help with the caring role. It also offers one-off practical skills training sessions and personal development sessions e.g. moving and handling, first aid, relaxation techniques. There is also a training opportunities fund that carers can apply to for support to pay for this.	Page 12 of Care Choices Directory – carer can contact provider direct Freephone helpline: 0800 0850307 Web: www.carersorg/Cheshire

Carerstrust4all	Carers who are 18+ across Cheshire East	Carers Early Help and Intervention “In Time” Service provides carers who are new to caring, or who have not had any support as a carer before, the opportunity to discuss how caring is affecting them including signposting to other services.	Page 12 of Care Choices Directory – carer can contact provider direct 01260 292850 Email: cheshireeast@carerstrust4all.org.uk Web: www.carerstrust4all.org.uk
Career Connect	Carers who are 18+ across Cheshire East	Dedicated Careers Adviser offering one-to-one support to carers on employment, training and volunteering opportunities including confidence building, developing skills. Also, supporting working carers to stay in their job and seeking more flexibility to combine work with caring.	Nicola Holyoak Carers Careers Adviser 07791 333241 nicola.holyoak@careerconnect.org.uk
Making Space	Carers who are 18+ across Cheshire East who care for people with a mental health condition	Production of support plans for carers of people with a mental health condition following the completion of a carers assessment by Cheshire East Council. Advice and support to implement the support plan, signposting, accessing carers breaks, education, training and volunteering,	Jane Reeves Cheshire Team Leader Making Space 01606 606694/ 07843 268001
Neuromuscular Centre	Carers 18+ of people across Cheshire East with neuromuscular conditions	Provide regular breaks for those caring for people with muscular dystrophy. There are opportunities to share experiences with others, develop new skills by participating in activities and enjoy the benefits of complementary therapy. Also, home adaptation advice, outreach support, support managing personal budgets, bereavement support.	Page 11 of Care Choices Directory – carer can contact provider direct 01606 860911 Web: www.nmcentre.com
Peaks and Plains Housing Trust	Carers living in Cheshire East	Provides a Carer’s Alert Card for Emergencies (ACE card) and agrees an emergency plan with the carer	Page 12 of Care Choices Directory – carer can contact provider direct 0845 872 7657