

Peterborough Carers Wellbeing Service

Our Carer Wellbeing Service, funded by Peterborough Council, is dedicated to providing support for unpaid carers aged 18 and over. This includes parents, young adult carers, and individuals caring for someone with physical, mental health, or various support needs. We are here to offer the assistance you need.

We understand the vital role you play, and we're here to help you maintain your wellbeing, resilience, and confidence in your carer role.



How we can help you

- **One to one support:** We work with you individually, providing guidance and ongoing support tailored to your needs
- **Information and advice:** We provide expert advice, helpful information, and connect you with the right services
- **Peer support:** We offer opportunities to connect you with carers through groups and activities, helping you build a supportive community
- **Carers Emergency Support Plan:** We help you create a personalised plan so that support is in place for the person you care for in case of an emergency

Contact us

We're here to listen, guide and assist you with the challenges of your caring role. Our services are free, accessible across Peterborough, and you can refer yourself or be referred by a professional. We're committed to supporting you every step of the way.



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**Scan the code for
more information**

