



Are you a carer?

Do you look after a family member, friend or neighbour who couldn't manage without your help? Support is available for you too.

A carer is anyone who provides unpaid care and support to a loved one. Caring can affect your own health and wellbeing — you don't have to do it alone.

LOCAL CARER SUPPORT SERVICES

SP

Signpost for Carers

Carer support & replacement care
The Heatons Centre, Thornfield Road, Stockport SK4 3LD
signpostforcarers.org.uk

CT

Crossroads Together (Greater Manchester)

Carer support & replacement care
Deepdale Community Centre, Deepdale Road, Bolton BL2 6PH
crossroadstogether.org.uk

TC

Trafford Carers Centre

Carer support service
9 Springfield Road, Sale M33 7XS
traffordcarerscentre.org.uk

DC

Derbyshire Carers Association

Carer support service
3 Park Road, Ripley, Derbyshire DE5 3EF
derbyshirecarers.co.uk

Let us know you're a carer. Please speak to our reception team to register as a carer with Barlow Medical Centre. We can offer you extra support and flag your carer status on your medical record.

How does caring affect your life?

Caring can be rewarding — but it can also affect many areas of your life.

Here's how to access support when you need it.

Whether you're caring for a partner, parent, child or friend, the demands of caring can take a toll on your finances, health and social life. You don't have to face it alone.

£ Money and benefits

- Caring can lead to financial hardship if you need to reduce or give up work, or rely on benefits to get by.
- Essential costs — heating, clothing, home repairs, transport — can feel out of reach when finances are tight.
- Accessing the right support can feel like a constant battle: the right diagnosis, school support, home adaptations and financial help.

[Read advice on money and benefits →](#)

♥ Health and wellbeing

- Caring can be physically exhausting — broken nights, lifting and supporting others, and juggling family and work.
- It can be emotionally draining, seeing someone you love in pain, distress or discomfort day after day.
- Caring can lead to stress, depression and other mental health difficulties if your own needs go unmet.
- It can affect your relationship with your partner — shared activities, intimacy and future plans may all be impacted.

[Read help and information on health and wellbeing for carers →](#)

★ Getting out and about

- Caring can be isolating — it may feel difficult or impossible to leave the house, especially for extended periods.
- Friendships, hobbies and interests can all suffer when caring takes over your time and energy.

[Find local carer services near you →](#)

Talk to us. If caring is affecting your health or wellbeing, please mention it at your next appointment. You can also ask our reception team to register your carer status so we can make sure you receive the right support.