



Carers often do not often see themselves as a carer, simply as a loving relative or friend.

Caring can be very rewarding. But, it can often be physically and mentally demanding and can lead to isolation and financial difficulties.

It can be a distressing time when someone is being discharged out of hospital. Especially, if you are going to be the person caring for them.

Are you worried about how you will cope?

Do you feel as though you are not being listened to?

Do you have questions about the hospital discharge procedure? Or any other carer issues.

Would you like to speak to an independent carer support worker? If so, then please give us a call, we're here to support you.

Warrington Carers Centre provides the following FREE services:

- Advice, information and support if you or the person you care for go into hospital.
- Emotional support, the opportunity to have a confidential face to face or telephone meeting with one of our carer support workers.
- Help to find out what other support is out there for you.
- Signposting & referral service.
- G.P Liaison service. (also how to get the best out of your G.P appointment).
- Counselling service.
- Emergency Card. A 24 hour , 365 days a year rapid response messaging service for carers.
- Quarterly Newsletters
- Drop in/support groups
- Training, complementary therapies and trips. (There may be a small contribution towards trips)
- A Young Carers Service

WIRED are an independent charity, offering confidential, emotional support & advice to both young & adult carers.



Wired in the community: Drop-ins

Lymm Youth & Community Centre every Tuesdays 10am to 12pm

Fearnhead Community Centre every Thursday 10am to 12pm

The Carers Centre on the 1st Wednesday evening of the month 6pm to 8pm

Warrington Hospital at the main entrance café on the 1st Tuesday of the month 2pm to 4pm

The Carer's Centre, Dementia support and advice group on the 2nd Thursday of the month 10am to 12 pm

The Carers Centre, Craft & Knitting group every Wednesday at Carers Centre 10am to 12pm

For more information you can contact Wired by telephone or by emailing us. Alternatively you can begin the registration process by filling in the form below and return it to:

Warrington Carers Centre Wired
86 Sankey Street, Warrington. WA1QSG

Title:	
First Name:	
Surname:	
Address:	
Postcode:	
Home No:	
Mobile:	
Email:	
Signature:	

Please tick the box to consent to us holding this information on our database in accordance with the Data Protection Act 1998

Where did you get this leaflet from?

Tel: 01925 633492
Email: wcsadmin1@wired.me.uk
Website: www.wired.me.uk

Hospital Discharge
Support for families and carers

Supporting you.
 Listening to you.
 Caring about you.
 Empowering you.
 Liaising and advocating for you.
 Supporting you in hospital meetings.
 Supporting you in the community.



If you would like a chat please call:
 Julie or Helen
 on
Tel: 01925 633492



WARRINGTON CARERS
CENTRE

GP Liaison
&
Hospital Discharge
Support & Advice
for
Families/Carers



Do you look after a relative, child, partner, friend or neighbour who needs help due to: illness, frailty, dementia, mental health, addiction, disability or age?
If so, then you are a carer.