

# Are you caring for someone?

Do you work and find it difficult to access information during the day?

Our new Telephone Information Service is a **confidential** out-of-hours service providing information on all aspects of caring and will be launched on 20th May 2015.

We can help you to access a range of services to support **YOU** as a carer:

- Basic benefits information
- Health and social care services
- Opportunities to talk about your caring role
- A visit from a West Cumbria Carers support worker



**01900 821976**

**Wednesday 5pm -7pm  
Friday 7am - 9am  
Saturday 9am - 12 noon**



**West Cumbria Carers**

**West Cumbria Carers is a registered charity supporting people who care for family and friends**

[www.westcumbriacarers.co.uk](http://www.westcumbriacarers.co.uk)  
email: [general@westcumbriacarers.co.uk](mailto:general@westcumbriacarers.co.uk)

Charity No. 1119369  
Reg. in England No. 6123034

