

West Cumbria Carers  
Suite 7F , Lakeland Business Park, Lamplugh Road,  
Cockermouth, Cumbria, CA13 0QT  
Main Contact: Michelle McGibbon  
Telephone: Tel 01900 821976  
Email: [MichelleMcGibbon@westcumbriacarers.co.uk](mailto:MichelleMcGibbon@westcumbriacarers.co.uk)  
Website: [www.westcumbriacarers.co.uk](http://www.westcumbriacarers.co.uk)



## Introduction

*Membership sponsored by Morgan Sindall*

We support unpaid carers in West Cumbria. A carer is someone who looks after a family member, relative, friend or neighbour who could not manage without their help. This could be due to age, physical or mental illness, addiction or learning disability.

We support carers from age 5-95.

## Services

We can support businesses who have employees who are also carers. We can help them introduce a carer's policy and train a member of staff to become a carer's champion. Supporting working carers we can help your business retain staff, reduce sick leave due to stress from their caring role and reduce costs from staff turnover. Some of the areas we can support the carer are by offering counselling support to the carer, help seek benefits which may enable them to pay for other services to make their caring role easier, give them opportunities to meet other people in similar situations, provide respite, volunteer driver to take the cared for to appointments.

## We're here looking for:

Businesses who would be interested in having a carers policy in place to help support staff members who also carry out a caring role at home.

Also opportunities to speak to employees about the support we can offer.

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