

# Doncaster Carers Reach Out

Are you living in Doncaster and a carer for someone?

If yes, **we are here to help.**

We can support you in your caring role, help you to stay connected in your community and give you balance in your life.



At Making Space we understand that while caring for a family member or loved one is a very generous and selfless thing to do, it can also take its toll on your own health and wellbeing.

## How we can help you...

### One-to-one support

We know that being a carer can be a challenging at times, which is why our friendly and compassionate carer support workers are with you every step of the way to make sure you receive the best possible support.

### Peer support

We believe that being a carer is easier when you have people around you who understand what you are going through. Our peer support groups will bring together a network of carers in your local

community who will help pick you up when you're down and celebrate the everyday successes of being a carer.

### Information

Our job is to make sure your commitment is recognised by those that matter, and that positive steps are taken to enhance, prioritise and protect your wellbeing. We will identify the services you, and the person(s) you are caring for, may need and help you to get in touch with them.

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## Contact us

Get in touch today to find out how we can support you

 01302 986900

 [DoncasterCarers@makingspace.co.uk](mailto:DoncasterCarers@makingspace.co.uk)

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If you would like this leaflet in a different language or format, please contact [marketing@makingspace.co.uk](mailto:marketing@makingspace.co.uk)

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