

Have you heard of West Cumbria Carers?

Do you know how we can support unpaid carers?

Are you aware of how to refer to us?

Did you know that we can support carers from 5 years upwards?

Are you able to identify an unpaid carer?

Do you know how to refer someone to the service?

Did you know that we work collaboratively with other services and organisations?



Would you like to become a Carers Champion?

After completing the training you will be able to answer these questions. You will also have a greater awareness of the organisation and the services we offer. You will be able to refer carers to the service to make sure they get the support they need.

To book onto the training, please contact West Cumbria Carers on 01900 821976 or e-mail Susan Hogg at

susanhogg@westcumbriacarers.co.uk