

WELCOME TO

Cumberland Carers

Free, kind, and friendly support for unpaid adult carers across Cumberland.



Here's your guide to our service.



People First
Cumberland Carers

Who Are Cumberland Carers

Cumberland Carers is a friendly, local team of experienced Support Workers here to support unpaid adult carers across the county.

We are part of People First and are dedicated to ensuring that you get the support you need as you care for your loved ones, friends or neighbours.

Whether it's a quick call, visiting our website, or arranging a face-to-face meeting, **we're here to help you** get the **advice**, **guidance** and **connection** you need when you need it.

This quick guide contains simple information about us, how we can help, and how to get in touch with us.



Who Are People First

People First is a Cumberland-based charity that supports people across our communities to get the help they need.

For over 35 years, we've been helping people to live better lives in the ways that are important to them. We care about Cumberland, and we care about the people we share our communities with.

We help people when they need someone by their side. We believe life is better when everyone is included; we stand shoulder-to-shoulder, offering support, representation, and advocacy during challenging times.

Our **Cumberland Carers** service is rooted in this belief. Whatever you are facing as a carer, our team is here to **listen** and to **help**.



Who Do We Support

If you are an unpaid adult carer living in Cumberland, we are here to help you.

What if I used to be supported by Carers Support Carlisle and Eden or Carer Support West Cumbria?

If you previously received support from Carers Support Carlisle and Eden, or Carer Support West Cumbria, this support will continue, often with the same support worker; but they are now part of the Cumberland Carers team.

You don't need to do anything to continue receiving the same support. We're keeping the same phone numbers for support workers, and we're making sure that you don't need to go through another assessment.

What if I haven't been supported before?

If you haven't had a Support Worker before, our team is ready to get to know you and to help you as you care for your loved one.

Our team are friendly and knowledgeable. They can help you complete a carers assessment, find out about support in your area, connect you with others for peer support or to give you a break, and explore ways to look after yourself and stay well while caring for someone else.

How do I know if I'm an unpaid carer?

If you help someone who couldn't manage without your support, you are an unpaid carer. You could be helping a family member, a friend, or a neighbour. If you are essential in their life, you are providing care, and we can help you.

Please reach out by calling or emailing us using the contact details on the back of this guide so we can figure out how best to support you.

How Do We Help

Cumberland Carers is a local service bringing together Support Workers who have worked across Cumberland for many years.

We know that each individual experience is unique and our team work to ensure you get the support you need while you care for your loved one.

Our team help unpaid adult carers to:

- complete their carers assessment
- find information about the support available to them
- connect with other carers for peer support
- explore ways to look after yourself while caring for someone else



Groups and Activities

We operate a range of support groups, coffee mornings, and activities across Cumberland.

If you have previously attended a support group hosted by Carers Support Carlisle and Eden, or Carer Support West Cumbria, these groups will continue as normal for the rest of 2025.

It is important to us that we deliver support groups that make a positive difference to carers and so from January 2026, we will **begin updating our support group and activities based on your feedback** and that of our team. Any changes that may arise as a result will be communicated to you at a later date.

You can find a full list of our current activities and events on our website:

www.wearepeoplefirst.co.uk/cumberland-carers



From Our Team:

“

We're honoured to support Carers across Cumberland. Our team is here to listen, to walk alongside you, and to ensure you're supported with compassion and consistency.

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NEED TO TALK?

If you would like to talk through any of this information, or if you'd like to talk to our team, you can contact us by:

Calling: **0300 303 8037**

Emailing: **hub@wearepeoplefirst.co.uk**

Visiting our website:

www.wearepeoplefirst.co.uk/cumberland-carers



Prefer digital updates? Email us and we'll update your contact preferences to make sure you receive everything in the way that suits you best.



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