

Parent Carers Cumberland

Promoting and improving the opportunities for parent carers in Cumberland.



Who are Parent Carers Cumberland?

We work with parent carers (a parent or other primary caregiver who provides ongoing, substantial support and care to a child or young person with additional needs) in Cumberland to help them to access the right support at the right time. The child, or children, may have mental health concerns, be ill or disabled. The child may be over 18.

How we help

All parent carers benefit from an assessment to identify what support is needed based on their individual situation.

Support includes:

- a personal Parent Carer assessment – linked to wellbeing principles,
- a bespoke support plan, planning for needs identified,
- further referrals where needed (i.e., to Social Care)
- support to access peer groups in Cumberland
- signposting to other services, information and advice that could be helpful.

We work closely with Parent Carers to ensure their voices – as well as those of their children – are heard.

Contact us:

 [Click here to email us](#)

 Or call us, on 01228 474171

Are you a Parent Carer?

Parent carers are primary caregivers who care for a child, or children, that requires substantial support and care.

Not all parents are classed as 'parent carers'. Parent carers are those with parental responsibility who provide regular, unpaid care for their child beyond the typical parenting role.

This may be because the child:

- has a disability,
- a long term illness,
- experiences mental ill health, or
- has a problem linked to alcohol or drugs.

The child does not need to be under 18 years of age.

Every parent carer's life looks different, but you may be frustrated and not knowing where to turn as well as feeling increasingly isolated.

If you believe you might be a Parent Carer, you may be able to benefit from our support.

Contact us or click on
– or scan – the QR code
to visit our website.
We accept self-referrals.

