

Carers Wellbeing



Do you look after someone?

Do you need support to improve your own health and wellbeing?

If you look after someone who lives in Newcastle upon Tyne, the Carers Wellbeing Fund may provide a small grant of up to £200

135 - 139 Shields Road, Byker, Newcastle upon Tyne, NE6 1DN

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Can I apply?

You may be eligible for the fund if:

- You look after a friend or family member who is ill, disabled, has mental health problems or is misusing drugs or alcohol
- The person you care for could not manage without your help
- You are 18 or over
- The person you care for lives in Newcastle upon Tyne

You are still classed as an unpaid carer if you are receiving Carer's Allowance or managing Direct Payments/Individual Budgets.

What can I apply for?

You can apply for a small grant of up to £200 for something that will improve your health and wellbeing. This could be:

- A holiday or weekend break in the UK
- College course fees, books or equipment
- Gym membership, exercise classes, swimming sessions, etc.
- Driving lessons
- Purchase of items for an activity or hobby, e.g. a tent or bicycle
- Household items, e.g. a washing machine, cooker or fridge

The Carers Wellbeing Fund is a discretionary fund which has limited money available, and not all applications are successful.

How do I apply?

Download an application pack
www.newcastlecarers.org.uk

Contact our Carers Information Line, Monday - Friday, 9am - 5pm
T. 0191 275 5060, SMS. 07874 100043

Send us an email
info@newcastlecarers.org.uk

Contact us to access other services and find out what's on in your area.

Please let us know if you need any support to be able to access our services, e.g. an interpreter.