

The Volunteer Hub

Westmorland and Furness Carer Support Service has several volunteer roles designed to support carers to give back to their community. If you are interested in hearing more, we would love to hear from you!



CHAT Line

Where our volunteer will call you weekly

Our Carers Help And Talk (CHAT) Line gives carers the chance to talk with a trained volunteer who will offer a listening ear to carers over the phone, providing emotional support, or just have a friendly chat. Some of our volunteers have caring experience themselves but carers can talk about anything they wish to if they choose to receive a call. Carers who are keen to join our CHAT Line will be matched with a volunteer to share regular weekly calls; this will enable volunteer

and carer to get to know each other. All phone numbers are kept private and there is no cost to the carer or volunteer. The purpose of the CHAT Line is to offer carers the chance to 'have a chat' and reduce loneliness and isolation, which in turn can improve mood and increase self-esteem and confidence. Please contact the Volunteer Hub by emailing: volunteering@n-compass.org.uk



Pen Pals

Do you prefer the written word to emails, texts and video calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month using good old-fashioned pen, paper and The Post Office! If you are a carer and would like to take advantage of this free service, please call 01539 457525 or email volunteering@n-compass.org.uk



Telephone: **01539 457525**

Email: enquiries@wfcарers.org.uk

Website: www.wfcарers.org.uk

Online Chat: www.n-compass.org.uk/our-services/carers

Address: **FREEPOST Westmorland & Furness Carer Support Service**

Follow us on Facebook: www.facebook.com/wfcарers/

Get in touch

Westmorland & Furness Carer Support Service
is delivered by N-Compass

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towards a brighter future



N-Compass is registered in England & Wales as a Registered Charity 1128809
and as a company limited by guarantee No. 06845210.

Carers Community Network

This is a virtual community where you can meet other carers, share ideas and experiences; we currently have over 2000 active members who are looking forward to connecting with you! It only takes a minute to sign up.

Please contact the Service Access Team on **01539 457525** who will be happy to support you with this. You will just need to provide them with your name and email address.

**Please be aware, that to access the Carers Community Network, you will need to be invited.*



Carers UK

Access support, anytime, anywhere, with our free online resource

N-Compass, in partnership with Carers UK, has launched the Digital Resource for Carers. With the right support, the impact on carers' lives can be transformative. Whether navigating daily challenges or planning for the future our carefully curated resources offer carers the essential information they need, when they need it.



Why join?

- **Practical resources:** Videos, guides, e-learning, and step-by-step support tailored to your needs.
- **Wellbeing support:** Improve mental health with tools to help you thrive.
- **Financial advice:** Get expert insights into benefits, entitlements, and financial planning.

Key features

- **Tailored for carers:** Find what you need when you need it.
- **Tools that work:** Use the Jointly app to coordinate care with peace of mind.
- **Expert guidance:** Navigate workplace entitlements and carers' rights with ease.

Visit **carersdigital.org** and use the access code **NCOMPASS** to create your free account.

How to get free access:

- Go to the login page **<https://www.carersdigital.org/login/>**
- Click on the "Register" tab.
- Enter the access code **NCOMPASS** in the Access Code field.
- Fill in the **Access Code** field.
- Complete the registration form with your details.
- Click **Submit**.



Carefree

We're delighted to partner with **Carefree**, a charity that provides short hotel breaks for unpaid carers using donated hotel rooms from across the UK. You can enjoy a 1 to 2-night hotel stay with a companion (*not the person you care for*), with up to two breaks per year. Each break costs £38 to cover admin. Breaks include accommodation and breakfast. You'll need to cover travel, other meals, and arrange respite for the person you care for.

To be eligible, you must be over 18, care for someone 30 hours or more per week, and be able to book online (or have someone who can help). For more information please visit: **www.carefreespace.org/take-a-break/**

Alternatively, please speak to a Carers Support & Review Officer on **01539 457525** or email **enquiries@wfcарers.org.uk** who will make the referral to Carefree on your behalf.



Weekly Zoom Sessions for Adult Carers

Some sessions may be subject to change, and any changes will be communicated via email.

Distance Reiki Every Wednesday 2.00pm - 3.00pm

Feeling stressed, overwhelmed or out of balance? Reiki is a gentle Japanese technique offering support for wellbeing, relaxation, and emotional balance.

Seasonal Flow Yoga Every Wednesday 6.15pm - 7.30pm

Seasonal Flow Yoga aligns with the natural flow of the seasons, supporting strength, flexibility, balance, and wellbeing. A calming practice suitable for beginners.

Yoga Nidra Every Thursday 7.00pm

Yoga Nidra is a guided meditation that helps to relieve stress, reduce tension and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional and mental health.

To access any of our Yoga or Reiki sessions, please complete a short booking form via our website: **www.n-compass.org.uk/get-support/carers/** We will then send you the Zoom link. Please note, responses are not automated and it may take a couple of days to receive your link. Once provided, the same Zoom link can be used each week. For further information or support please email: **activities@staffordshiretogetherforcarers.org.uk**

These online activities are hosted by N-Compass' Carers Service in Staffordshire. Carers from all N-Compass services attend and Westmorland and Furness Carers are very welcome to join.

