# Looking after a family member or friend in Cumberland?




## Mobilise is an online service led by carers, for carers.

We're here to make life a little easier for carers. Join thousands of others who share tips, laughs and support - any time of day. Whether you've just started caring or have been doing it for a while, we're here to support you.

- Get advice and tips from thousands of carers in similar situations
- Access bite-sized guides on finances, respite, practical help and more
- Get free 1-to-1 support from a dedicated carers coach
- Join supportive online cuppas and live events led by experts
- Use our AI tools to get instant answers 24/7

**scan me**

mobilise
Together we care and thrive

Cumberland Council

# How to get started

### Join the Mobilise Hub

Download the Mobilise app, or join via your web browser, to connect with thousands of fellow carers, where you can share wisdom, find support, and face challenges together.
mobiliseonline.co.uk/register-for-the-mobilise-hub

### Personalised Guide to Caring

Kick-start your support from Mobilise with our Personalised Guide to Caring, designed specifically to help carers like you.
mobiliseonline.co.uk/personalised-guide-to-caring

### Mobilise one-to-one calls

We know how isolating it can get at times and the Mobilise Support Team are here to help. If you'd like a listening ear, book a free call with one of our carers coaches at a time that suits you.
mobiliseonline.co.uk/individual-support

### Carer's Allowance checker

Find out if you could be eligible to over £4,000 a year for looking after a family member or friend. Use our quick tool to check if you are eligible in under five minutes.
mobiliseonline.co.uk/how-do-i-claim-carers-allowance

Plus so much more.

## mobilise.co.uk

Available on the App Store

GET IT ON Google Play