

## Who are Carers?

Carers can be relatives, neighbours or friends.

Carers come from all age groups and can come from any ethnic, religious or racial background.

A Carer is a person who looks after someone who due to age, disability, illness or addiction is unable to manage alone. It is estimated that in the Sedgefield locality there are:

- Over 10,000 Carers
- Half of these Carers are aged 40 - 64 years
- 60% are women, 40% men
- Over 2000 look after more than 1 person
- 1 in 10 Carers are also in employment
- Over 2500 of these Carers have been caring for over 10 years

There are also many young children taking on caring responsibilities. Carers often take on a range of responsibilities such as personal care and emotional support.

Many care day and night, 7 days a week.

The majority of carers take on this role out of love, commitment and duty.



## Sedgefield Locality Carers Centre

Suite 3  
Avenue House  
Greenwell Road  
Newton Aycliffe  
County Durham  
DL5 4DH

Tel: 01325 313123  
Fax: 01325 300832

Company Number: 3534933  
Charity Number: 1069278

### Opening Hours:

Monday - Thursday 9.00am - 5.00pm  
Friday 9.00am - 4.00pm

Donations

Legacies

Wills



## Sedgefield Locality Carers Centre

Caring for a relative or friend can be stressful, exhausting and emotionally and/or physically draining.

Sedgefield Locality Carers Centre provides practical and emotional support to enable the carer to continue to care.

Our aim is that no carer has to reach crisis point before getting the support he or she needs.

# *Sedgefield Locality Carers Centre is a registered Charity offering FREE services to unpaid carers*



## ***Donations***

Sedgefield Locality Carers Centre offers its services **FREE** of charge to carers who live in the Borough of Sedgefield.

We depend on donations to enable us to continue the support we provide.

Any donations, no matter how small, are gratefully appreciated.

## ***Leaving money in your will***

Making a will and leaving a legacy can be an expression of love for those we care about the most. After you have provided for those who are closest to you, make a pledge to Sedgefield Locality Carers Centre.

Please let your Solicitor know. Did you know that gifts to Charities like ourselves are exempt from Inheritance Tax. More and more people are now paying Inheritance Tax as the value of their homes has risen.

## ***Floral Tributes***

Many friends and relatives express their grief, sympathy and love by sending flowers.

Donations can be made to the Carers Centre in lieu of flowers.

