

# **Gateshead Crossroads Caring for Carers**

## **Community Assistance Project**

**Do you help or support someone who otherwise may not manage because of disability, frailty or illness?**

**Are you finding it difficult to manage every day tasks because of the pressure of your caring responsibilities?**

**If yes,**

**Gateshead Community Assistance project may be able to help you!**

We provide free practical help to carers with tasks that you are unable to manage because of lack of time, health problems, work/family commitments or financial hardship.

We can assist with:

- Laundry and ironing
- General Housework
- Shopping, collecting benefits etc.
- Transport
- Dog Walking
- Support with paperwork, phone calls etc.
- Light gardening

Other tasks may be considered if required.

**For further information, or to arrange some support, please turn over for our contact details.**



The Community Assistance Project is supported by a grant from the Northern Rock Foundation and Carers Special



# Gateshead Crossroads Caring for Carers



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