

Working Together

Our team offer training to businesses and organisations to help them identify and support Carers in their own locality.

Do you feel your business or organisation could help support CASS in their bid to create Carer friendly communities, by receiving **Carer Awareness training** and **Dementia Friends training**?

Talk to our main office team for more information.



Are you able to share your time, to make a difference to Carers in your community?

If you would like more information about becoming a **CASS volunteer**, contact our main office team.



CASS is a registered network partner of the **Carers Trust**. The Carers Trust is a national organisation for, with and about Carers.

Contact Details

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CASS The Carers Association

Company Limited by Guarantee in England and Wales.

Registered No: 4184030

Registered Office:

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Tollgate Drive

Stafford

ST16 3HS

Registered Charity No: 1086979



CASS

The Carers Association



Am I a Carer?

A carer is someone of any age, who provides support to a family member or friend who could not manage without help due to a long term health condition, illness or disability.

This does not mean you are not their wife; husband; parent; child or friend.



Who is CASS?

CASS The Carers Association is a registered charity, based in Staffordshire, providing Carers with advice, information and support in relation to their caring role. We offer advice at groups, in person, online and over the phone.

CASS is dedicated to promoting the rights of Carers and influencing the awareness of Carers in the local community.

Looking after YOU!

3 in every 5 people will be a Carer at some point in their lifetime.

It is important that as a Carer you are taking time to look after yourself to sustain your own mental health and wellbeing.

CASS can advise you on how to reduce the negative impacts of caring, however, caring can also have a positive impact and we promote the sharing of good ideas and practice, not only from other Carers but also professionals.

We Support

- Carers of people living with long term conditions or illnesses e.g. dementia, physical disability, sensory disability
- Working Carers
- Parent Carers
- Long distance Carers

Our Services

Advice and Support

CASS looks to empower Carers by providing information that relates to their caring role. This can either be by telephone, email or pre-arranged meetings.

CASS Cafes

Our CASS Cafes welcome those supporting someone with any condition or diagnosis. Our friendly team offer a varied schedule of topical speakers and activities. Join us at one of our monthly groups.

Living Well with Dementia

These groups are tailored to specifically support Carers who are caring for someone living with dementia. Carers are offered information on a range of topics to help reduce the negative impacts of caring. They are also encouraged to share experiences and offer peer support.

Community Support

You can find CASS working across a range of networks in the community including GP surgeries, hospitals and local events. Our team raise awareness to create caring communities and signpost Carers to other avenues of support in their local area.