



Collaborative Working Towards Greater Community Care

Carers, Family & Friends

For every individual who has a disability, be it a physical disability, learning difficulties or mental health issues, there will be someone who is involved with their care on a day to day level. This could be a family member, a friend, or a professional carer whose service is specifically aimed at supporting the needs of the individual concerned.

For the most part, though, it will usually be a family member who takes on this role, because of the deep understanding that they have for the person they love and care for and the trust that person has in them. But in these circumstances it is often the case that family members are the only people willing to make huge sacrifices daily in order to maintain a reasonable quality of life for the person they care for.

WeAre1 recognises the fact that anyone who cares for a loved one either as a family member or friend needs support themselves. It is on this premise that we would like to provide a time and space for carers –and the people they care for- to come together and exchange views and opinions as to what works or does not work for them, explore new ways of giving care, or pass on the skills that they already have for others to use for the benefit of the individual they care for.

This is not just about caring; it is about getting involved with others on a social level. We welcome carers to come along for some 'me' time and a little bit of space and freedom from the daily routine, or to bring along the person who they care for so that they, too, can have a break from the norm, perhaps give their own views and enjoy the social interaction.

If you are a carer for someone with any kind of disability, please feel free to contact us.

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