

Some things people who have used our service have said:

“Counselling has lifted me from a very lonely and exhausted state and given me a path to recovery. I now have the tools to prevent me from burning out again. I have a plan for my future life at work and home.”

“Now I am able to step back and let others help. I can look after me more and my mum less and it has helped me and my husband get on again.”

“...Counselling has helped improve my relationship with my mum (who I care for) and this has helped improve her behavior towards me.”

Relate Bradford is a registered charity who provide specialist counselling in the following areas:

Relationship counselling
Family counselling
Young persons counselling
Sex therapy
Life Skills

The Caring and Sharing service is funded by Bradford Council through a carers grant.

Agencies you can contact for additional support

Carers' Resource 01274 449660	Age UK 01274 395144
Carers' Connection 01274 323323	Carers UK 0808 808 7777

Alzheimer's Society/Dementia Adviser Service
01274 586008

Relate Bradford
Bradford Trident Business Centre
1st Floor, 11 Edward Street
Wakefield Road
Bradford
BD4 7BH

Telephone: 01274 726096
Fax: 01274 729844

Email: information@relatebradford.com
Registered Charity Number: 1013811

Caring and Sharing

Are you over the age of 50 and caring for a loved one?



Free emotional support is available for you - to help you to care for yourself as well.

What is Caring and Sharing?

The Caring and Sharing service offers carers a safe place to talk to a trained counsellor about how things are for them and to explore any concerns they may have, in confidence.

A Carer is someone who

spends a significant proportion of their time providing unpaid support to a family member, partner or friend.

Whether you are caring for someone who:

- Is confused or has dementia
- Is ill
- Is frail
- Is disabled
- Has a mental health problem
- Or has a substance misuse problem

it is really important to continue to look after yourself as well.

How can talking help me?

Talking can help you to:

- Explore how you are really feeling about things and what options you have
- Keep yourself well, which will improve the quality of the time you spend with your loved one
- Manage difficult feelings you may be experiencing such as guilt, anxiety, anger, resentment or helplessness
- Gain extra support outside your network of friends and family
- Build your confidence to enable you to meet your own needs
- Plan for the future

How do I make an appointment?

To book a free session with a counsellor, or to get more information about the service, please telephone us on **01274 726096** and mention the Caring and Sharing project.

Appointments are available in Bradford or Keighley.

We may be able to arrange for a sitter from the Time Out team to sit with your loved one whilst you attend sessions at Relate.

Please let us know if you need this service.

You don't need to struggle alone.

We look forward to hearing from you.