

# Do you have a family member with dementia?



**Manchester Carers Forum**  
The voice of carers

**Manchester Carers Forum runs a Peer Mentoring Service for family and friends of people with dementia. Peer Mentors offer a listening ear, friendship and support.**

Looking after a family member with dementia can be life-changing and there may be times where you don't know where to turn. Our Peer Mentors have looked after a family member or friend themselves, so understand what you are going through.



Our service is **confidential, independent and free**

## Telephone Support Service

Talking to someone can make a real difference. Our telephone support service will connect you to one of our Peer Mentors, who are here to help. They will listen and talk you through your day-to-day challenges of being a carer. If you need specific information, we can also help you find the answers to your questions.

**Call our Support Line to speak to a Peer Mentor**  
**0161 819 2226**

Our lines are open  
10 am - 4pm Monday to Thursday, 10 am - 2pm Friday.  
Calls cost no more than the local rate.

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*After chatting on the phone I feel so much better afterwards because someone has taken an interest in me.*

Anne, Hulme

# Home Visits



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We offer home visits if you would prefer to talk to someone face to face. We offer both occasional home visits or regular visits from the same Peer Mentor.

If you would like a volunteer to visit contact Ian on  
**0161 819 2226**



*I really look forward to my Peer Mentor coming. She really cares and she understands about being a carer. She's a great moral support and a good listener.*

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## Manchester Carers Forum

is a charity led by unpaid carers for unpaid carers. For more information about our support or to find out how to volunteer, contact us:

**Manchester Carers Forum,**  
Gaddum House, 6 Great Jackson St, Manchester, M15 4AX



Call us:  
**0161 819 2226**



Email us:  
**info@manchestercarersforum.org.uk**



Visit us on: **www.manchestercarersforum.org.uk**

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The Support Line has been made possible by a grant from Postcode Community Trust, a grant-giving charity funded entirely by players of People's Postcode Lottery.

Manchester Carers Forum registered charity number 1103535

