

## Just a helping hand to show we care

Most of us live very busy lives,  
with very little, or no time at  
all to ourselves,  
Caring for someone as well,  
makes it extremely difficult

for us to have a full life of our own.

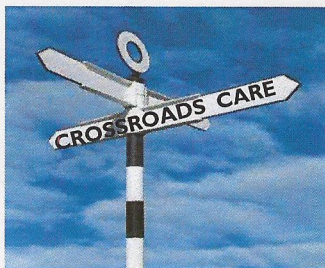
## Crossroads Care are here to help

We are a national network of local charities  
employing over 5,000 fully trained professionals.

Helping over 35,000 people to find that little bit of  
extra time to do what they want do, when they want  
to do it.

We are Britain's leading provider of support for  
carers just like you, and the people you care for.

## CROSSROADS CARE SHOWING THE WAY



## Cardiff & Vale

Charity Reg. No. 513673  
CSSIW Reg. No. W10100000576

## Can we help

Looking after your dependants can leave you with  
little or no time to yourself.

Crossroads Care can help you do the things  
that you want to do.

We offer respite for all kinds of care situations,  
from just sitting with someone while you do the  
shopping or visit a friend,  
to full personal care

With our 30 years of caring in your  
community our expertise and knowledge in the  
care sector are second to none and we take pride  
in having a staff that are  
committed, trained to the highest level, and eager  
to help you with your  
individual situations.

## How to Contact us

If you require any further information  
please contact

Crossroads Care Cardiff & The Vale  
"Lean on Me" Co-ordinator  
at

Unit 4 Norbury House  
9-15 Norbury Road  
Fairwater

Cardiff  
CF5 3AS

Tel / Fax No. 02920577300

E.Mail: [admin@cardiffvalecrossroads.org.uk](mailto:admin@cardiffvalecrossroads.org.uk)

# "Lean On Me" Project Mental Health Befriending Service & Respite Breaks



# CROSS ROADS CARE FOR YOUR PEACE OF MIND

Charity Reg. No. 513673



## How it works for you

Are you caring for someone who has  
Mental Health problems?

### **"We provide respite breaks for Carers"**

When was the last time you had time to  
yourself?

Do you want a break from caring that lets you  
truly have a rest?

If you have answered yes to any of these  
questions, you can use the services of  
**"Lean on Me"**!

We provide support to **all** Carers of people  
with mental health problems

irrespective of gender, culture, race, or  
religion that are residents in Cardiff.

Whenever the "cared for" person needs  
additional health care and introducing to  
social activities,  
**"Lean On Me"**

can assist by introducing support through  
various network links. All care provided is  
subject to the completion of a carers  
assessment, which will cover the diagnosis of  
the cared for person and the level of  
care required.



**Carers of Persons with  
mental health difficulties can  
take a meaningful break from  
caring whilst the "cared for"  
person is supported by a  
professional support worker.**

### **The "Lean On Me" Project offers**

- 1) **One to one support**
- 2) **Social Activities & Outings**
- 3) **Links to Voluntary work**
- 4) **Links to various Courses**
- 5) **Healthy eating/Cooking courses**

#### **And for the Carers**

- 1) **Regular Contact & Support**
  - 2) **Links to various Support Groups**
- And so much more.**

## **What Is "Lean On Me"?**

"Lean on me" is a project run by  
**Crossroads Care, Cardiff & The Vale.**  
(who provide respite breaks for Carers).

This project has been developed  
to increase the opportunities of breaks for  
Carers where families are coping with  
mental health problems.

Trained Support Workers provide support  
to the person with the mental health problem  
whilst their Carer takes a break from caring.

**This break could be a minimum of three  
hours and a maximum of six hours  
per week**

Carers may choose to use their  
break time for any  
purpose that will improve their quality of life.

In order to access the service, the Carer  
needs to request a  
**Carers Assessment**

**Please contact The assessment officer on  
02920536444**

Funded by Cardiff County Council  
Adult Services

or through the various  
Community Mental Health Teams.  
Crossroads will then visit and assess your  
needs.

