



## How they **HELPED ME**

“They helped me realise that as a parent carer I can’t always just keep on doing it all and sometimes that might mean letting go in small ways”

**Helen—Parent Carer**



## How we made a **DIFFERENCE**

“We help parent carers to have less fear and stress in planning for the future for their themselves and loved ones”

**Fran—THRIVE Project Manager**

## There’s more to **LIFE**

“THRIVE showed me that with the right support there is a future to look forward to.

**Margaret—Parent Carer**

# HOW TO FIND US

Talbot House is a short walk from ‘Newton Heath Health Centre’ and the ‘Newton Heath and Moston’ tram stop. Just turn right upon exiting the tram stop and we are located around 50 yards away on the corner, opposite ‘The Railway’ pub.



Talbot House, 1 High Peak Street,  
Newton Heath, Manchester, M40 3AT



Talbot House Support Centre building

# 0161 203 4095



Follow us on Facebook and Twitter



## Are you the Parent Carer of an adult person with Learning Disabilities?

## You are not Alone!



# THRIVE™

Supporting Parent Carers Over 50

Open Monday - Friday (10am - 3pm)

# 0161 203 4095



**COMMUNITY FUND**



Carers Manchester

## What THRIVE is about?

THRIVE exists to provide support to older parent carers of people with learning disabilities. We are here to help you and your loved ones thrive right now and in the future, in a way that you choose.

Our Manager, Bernie had a vision of the future when she first thought “who will care for my son when I am no longer able to”, from this our Thrive service was born, and ever since she has been the driving force behind our success.

## Who does THRIVE Support?

Any parent carer of a person with a learning disability and their families. It doesn't matter if you're doing just fine or struggling. We are here to help!

## What kind of support do we offer?

Everyone is different, so you tell us!

To give some examples, we have helped people to get extra support, find things for their child, plan financially, and even get better accommodation. Below is an overview of some of the work we will help you with;

- Future Care Planning
- Keeping healthy
- Financial planning including wills
- Funeral planning
- Emotional and wellbeing support
- Form Filling
- Befriending social events



## How does THRIVE work?

### First

We listen to you and deal with any of the here and now issues that are concerning you and your loved ones.

### Then

Once the immediate issues have been addressed we have conversation to learn about you and your life. From this we will then look at the bigger picture to see how we can improve your situation.

### Finally

Together we find practical solutions for the things that matter to you or that you are worried about.

## GET IN TOUCH

*And see the difference we could make to your life*

[fran.crake@talbot-house.org.uk](mailto:fran.crake@talbot-house.org.uk)

[www.talbot-house.org.uk](http://www.talbot-house.org.uk)

**0161 203 4095**

## About us

Hi, I'm Bernie the Talbot House General Manager.

I myself came to Talbot House back in 1978 desperately in need of help with caring for my son Geoffrey. Now I proudly run the same service that helped me to help others. I understand that as us carers get older the worry and fear for the future wellbeing and care for our loved ones is of paramount importance. So we started the THRIVE project back in 2015 with the aim to address these important issues and to “watch our loved ones Thrive while we're alive”.



Hi, I'm Fran the THRIVE Project Manager.

I understand that making the first move in looking for help can be the hardest step. I'm here to listen and help you with whatever is troubling you and your cared for. So please get touch. My contact details are below



**Call: 0161 203 4095**

**Email: [fran.crake@talbot-house.org.uk](mailto:fran.crake@talbot-house.org.uk)**