

**Empowering Salford Carers**

**An Ambition for Ageing Project in Salford’**

**Confidence teem – voluntary work**

**Skills – Training – Education**

**Health + Wellbeing**

**The Ambition for Ageing Project in Salford is committed to help Carers over 50 years fulfil their potential, whatever that might be**

**TO FIND OUT MORE:**

**Call: Maria or Janet on 0161 652 9000**

**Email:** [**info@upturn.org.uk**](mailto:info@upturn.org.uk)

**A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction and cannot cope without their support.**

**‘Many carers don’t see themselves as carers and it takes them an average of two years to acknowledge their role as a carer’ (NHS website: Understanding Carers).**

**Confidence – Self Esteem – voluntary work**

**Ongoing 1:1 support**

**Our Working Potential Programme is a research project that aims to collect and collate as much information as possible about the best way to support people over 50 who are currently carers to fulfil their potential**

**We are offering carers the chance to become co-researchers on the project, ensuring that *real voices are both heard and heeded*.**