

## THE VALLEY AND CHILWELL MEADOWS CARERS SUPPORT

### Are you a carer?

Carers are people who look after family, partners or friends who are ill, frail, have a disability or a mental health problem. They may be caring for another adult or be a parent of a disabled child. The care they provide is unpaid.

### The impact of caring

Caring for others can be a satisfying and rewarding thing to do. However, for many carers it can also become challenging and stressful:

- Many carers are juggling lots of different things, such as working or caring for a family
- Keeping up a job can be very difficult - some carers feel that they have to give up work to carry on caring
- Some carers can struggle to make ends meet, especially if they are on benefits. Carers are not always aware of their benefit entitlements
- The practical tasks of caring can be very tiring, and your own health can start to suffer
- Caring can be emotionally stressful
- Caring can become very isolating, as it can sometimes leave little time or energy to go out and have time to yourself

### Support for carers in the surgery

We would like to offer you an annual carers review in the surgery. If you are on any medication this will be done at the same time as your medication review. If you are not on any medication please make an annual appointment with the doctor you normal see or one of our practice nurses. In the review we aim to look at *your* health and emotional well being.

### Other support available outside the surgery

#### New national support line

In addition, there is a new national initiative from the Department of Health called Carers Direct which provides information, advice and support to carers. You can visit [the Carers Direct website](#) or call the helpline on 0808 802 0202.

You can also ask for a call back in one of more than **170 languages** including **اردو**, **বাংলা**, **中文**, **Français**, **ગુજરાતી**, **Polski**, **Português**, **ਪੰਜਾਬੀ**, **Soomaali**, **Español**, **Türkçe** and **اردو**.

### Adult Support and Health community services in Nottingham:

If you are a carer, you may need help providing this care - or perhaps you need more time to yourself for a rest, or to follow your own interests. We might be able to offer a range of services, such as carers' breaks, respite care, and support groups. We can:

- 1) Provide information about what help is available to carers and the people they care for.

2) Carry out community care assessments for adults who rely on their carer, and draw up care plans which say how the needs identified can be met. This can relieve and support carers with a range of tasks.

3) Provide money which is given to individual service users from Adult Support and Health to enable them to buy and arrange their own care or support.

## Contact us

Please speak to the Adult contact team for information and support - call 0115 883 8460. The Adult Contact Team can speak to you about arranging a carer assessment, as well as an assessment for the person you care for if they have not already had one.

## Other local places for support

### Local:

- Age Concern - [www.ageconcernnotts.org.uk](http://www.ageconcernnotts.org.uk), Tel: 0115 844 0011
- Alzheimer's Society - [www.alzheimers.org.uk](http://www.alzheimers.org.uk), Tel: 0115 934 3800
- Carers Federation - [www.carersfederation.co.uk](http://www.carersfederation.co.uk), Tel: 0115 985 8485
- Headway Nottingham - [www.headway.org.uk](http://www.headway.org.uk), Tel: 0115 967 9669
- Learning Disability Carers' Forum - Tel: 0115 852 8000
- Nottingham Deaf Society - Tel: 0115 970 0516
- Nottingham Mencap - [www.nottinghammencap.org.uk](http://www.nottinghammencap.org.uk), Tel: 0115 920 4433
- Nottingham Respite Outreach - Tel: 0115 924 5887
- Trent Crossroads - [www.trentcrossroads.co.uk](http://www.trentcrossroads.co.uk), Tel: 0115 962 8920

### National:

- Alzheimer's Society - [www.alzheimers.org.uk](http://www.alzheimers.org.uk), Tel: 0845 300 0336
- Arthritis Care - [www.arthritis.org.uk](http://www.arthritis.org.uk), Tel: 080 8800 4050
- Carers Direct - [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect), Tel: 0808 802 02 02 (7 days a week)
- Carers UK - [www.carersuk.org](http://www.carersuk.org), Tel: 080 8808 7777
- Contact A Family - [www.cafamily.org.uk](http://www.cafamily.org.uk), Tel: 080 8808 3555
- Crossroads - [www.crossroads.org.uk](http://www.crossroads.org.uk), Tel: 01788 573653
- Depression Alliance - [www.depressionalliance.org](http://www.depressionalliance.org), Tel: 020 7207 3293
- Headway - the Brain Injury Association - [www.headway.org.uk](http://www.headway.org.uk), Tel: 0115 924 0800
- Manic Depression Fellowship - [www.mdf.org.uk](http://www.mdf.org.uk), Tel: 020 7793 2600
- Mind - for Better Mental Health - [www.mind.org.uk](http://www.mind.org.uk), Tel: 0845 766 0163
- (MNDA) - [www.mndassociation.org](http://www.mndassociation.org), Tel: 0845 762 6262
- Multiple Sclerosis Society - [www.mssociety.org.uk](http://www.mssociety.org.uk), Tel: 0808 800 8000
- Rethink - [www.rethink.org](http://www.rethink.org), Tel: 020 8974 6814
- Parkinson's Disease Society - [www.parkinsons.org.uk](http://www.parkinsons.org.uk), Tel: 0808 800 0303
- Princess Royal Trust for Carers - [www.carers.org](http://www.carers.org), Tel: 020 7480 7788
- SANE - [www.sane.org.uk](http://www.sane.org.uk), Tel: 0845 767 8000

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