

# Carer's Information Sheet

## Who is a Carer?

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or addiction cannot cope without their support. This may include but is not limited to:

- Doing someone else's shopping
- General household duties
- Helping someone with their personal care, dressing or toileting
- Taking someone to appointments or social activities

## Herefordshire CarerLinks / TuVida

CarerLinks supports unpaid carers to think about their own needs by listening and offering a range of services and support to help carers improve their wellbeing, including; 1:1 support, information, advice, advocacy and signposting. Working in partnership to link carers with all other sources of help and support.

**Website:** [www.tuvida.org/carer-links-herefordshire](http://www.tuvida.org/carer-links-herefordshire)

**Referral:** [www.crossroadstogether.org.uk/our-services/carerlinks/carerlinks-herefordshire/](http://www.crossroadstogether.org.uk/our-services/carerlinks/carerlinks-herefordshire/)

**Email:** [herefordshire@crossroadstogether.org.uk](mailto:herefordshire@crossroadstogether.org.uk)

**Telephone:** 01432 663057

**TuVida**  
Supporting your life



## Parent Carer Voice

This group offers the opportunity for families in Herefordshire who

have children with disabilities or additional needs to come together and share information and provide support to one another. They also help to create services that meet the needs of families.

**Website:** <https://pcvh.co.uk>

**Email:** [admin@pcvherefordshire.com](mailto:admin@pcvherefordshire.com)

**Address:** Fred Bulmer Centre, Wall Street, Hereford  
HR4 9AP



## Adult Social Care Advice and Referral Team

Herefordshire Council adult social care can help to advise on respite options, arrange financial assessments, care and carer assessments, occupational therapy referrals and care home placements.

**Website:** [www.herefordshire.gov.uk/social-care-support](http://www.herefordshire.gov.uk/social-care-support)

**Email:** [ascadviceandreferralteam@herefordshire.gov.uk](mailto:ascadviceandreferralteam@herefordshire.gov.uk)

**Telephone:** 01432 260101



**CARERS OF  
HEREFORDSHIRE**

Carers of Herefordshire provide activities and events for unpaid carers to give them a break from their caring role, reduce isolation, improve wellbeing and provide opportunities for peer support.

**Website:** [www.carersofherefordshire.org](http://www.carersofherefordshire.org)

**Email:** [carersofherefordshire@outlook.com](mailto:carersofherefordshire@outlook.com)

## Herefordshire Young Carers Club

A club providing support and respite for children and young adults who are caring for a family member with an illness, mental health issue, addiction or disability.

A fortnightly club, trips and outings, confidential advice and support is on offer plus the opportunity to make new friends.

**Website:** [www.hycclub.co.uk](http://www.hycclub.co.uk)

**Email:** [susan.brace@hycclub.co.uk](mailto:susan.brace@hycclub.co.uk)

**Telephone:** 07484 245128

**Herefordshire  
Young  
Carers  
Club**



## Health and Wellbeing Team

The Health and Wellbeing Team are linked to your own GP Surgery. Social Prescribing Link Workers can connect you with practical and emotional community support and help you to take control of your life and improve your wellbeing. Social Prescribers focus on what is important in your life and how you are feeling. They recognise that your health and wellbeing can be affected by a variety of different factors—social life, hobbies, finances and home situation.

You can make contact with a Social Prescriber by contacting your GP Surgery and asking for a Social Prescribing referral.



Herefordshire General Practice

Taurus Healthcare