



YOUR PRACTICE

CARER'S SUPPORT PACK



Cannock Villages PCN
In partnership with Cannock Medical Group

source: gettyimagesignature @gettysignature

Contents

<u>What Support Is Available In Stafford?</u>	Page 1
<u>What Support Is Available In Walsall?</u>	Page 2
<u>Carer's Assessment & Assessment Of Needs</u>	Page 3
<u>Parent Carers</u>	Page 4
<u>Young Carers</u>	Page 5-6
<u>Financial Advice And Support</u>	Page 7
<u>The Importance Of Wellbeing And Self-Care</u>	Page 8
<u>Respite Support "Take A Break"</u>	Page 9
<u>Focusing On Mental Health</u>	Page 10
<u>Staying Active</u>	Page 11
<u>Eating Well</u>	Page 12
<u>Contingency Care Plan</u>	Page 13
<u>Advanced Care Planning</u>	Page 14
<u>What Is ReSPECT?</u>	Page 15
<u>Local Support Services</u>	Page 16 -17



What Support Is Available In Staffordshire?



**Staffordshire
Together for Carers
Service**

- Support to access an assessment of your needs called a 'Statutory Carers Assessment'.
- 1-2-1 and group-based support
- Information advice and guidance
- Support to take breaks from caring, including befriending and peer support
- Support to develop emergency and contingency, and future planning
- Training and skills development
- Newsletters four times per year detailing local groups, activities and training
- Online Carers Community Network for Carers to connect with other carers and talk about topics most important to them
- A 24/7 Volunteer manned Carers Help and Talk (CHAT) Line
- Volunteering opportunities as 'Friends of Staffordshire Carers', including volunteering for the CHAT Line

Call us on
0300 303 0621



enquiries@staffordshiretogetherforcarers.org.uk



**STAFFORDSHIRE
CONNECTS**

Staffordshire Together for Carers Service is available to Carers of all ages, including young Carers (5-18), and adult Carers (18+) who either live in Staffordshire, or are registered with a Staffordshire GP or are providing unpaid care to someone that lives in Staffordshire. Full list of services can be found on their site

Adult Social Care Support



Staffordshire
County Council



Staffordshire Cares

✉ staffordshirecares@staffordshire.gov.uk
Tel: 0300 111 8010



Staffordshire Community Help Points

✉ community.helppoints@staffordshire.gov.uk



Part of Acacium Group



CHS Healthcare offers free support to individuals and their families who require assistance sourcing the right kind of care. This service is specifically for people who are responsible for funding their own care.

T: 0808 175 3609

✉ enquiries@chshealthcare.co.uk



Source: image by AlexRaths from Getty Images



What Support Is Available In Walsall?



www.walsallcarershub.org.uk

Adult Carers 26-95+ caring for an adult

- Parent Carers
- Access our Carer Support across Walsall.
- Parent Carers can apply for a FREE Max Card to benefit from discounted days out
- Find out about Groups and Training for Carers in Walsall
- Find Information for Professionals

For support for young carers Walsall Council Children and young people

- For info on
- Are you a young carer?
- Should you become a young carer?
- What help is available?
- Young carers' assessment
- Young carers ID card



Young Carers ID



The ID card helps young carers champions, school nurses, schools, GPs, and social care practitioners to recognise you as a young carer.

Walsall Young Carer Support leaflet



The Walsall Young Carers Group meet weekly at My Place, a group that allows you to take some time away from your responsibilities at home, meet other young carers, make friends and have fun!

Contact young carers early help for more info on support

Email:

YoungCarersEarlyHelp@walsall.gov.uk

Register as a carer

www.walsallcarershub.org.uk/carer-registration/

For wellbeing check and assessment

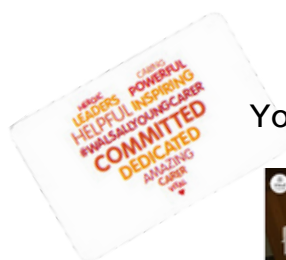
[Walsall Carers Hub Wellbeing Check and Assessment](#)



Contact Walsall Carers Hub on 01922 616 798 or drop us an email info@walsallcarershub.org.uk

To find out more or to arrange a Carer's Assessment, contact Adult Social Care on 0300 555 2922, textphone 07919 014 925 or email initialintake@walsall.gov.uk

[Walsall Carer's Events and Groups](#)



[Learn more about My Place](#)

Walsall Young Carers Service

Supporting you in your caring role



Carer's Assessment And Assessment Of Needs

If you care for someone, you can have an assessment to see what might help make your life easier. This is called a [carer's assessment](#).

It might recommend things like

- putting you in touch with local support groups so you have people to talk to
- advice about benefits for carers
- someone to take over caring so you can take a break
- gym membership and exercise classes to relieve stress
- help with taxi fares if you don't drive
- help with gardening and housework
- training how to lift safely
- A carer's assessment is free and anyone over 18 can ask for one.

It's separate from the [needs assessment](#) the person you care for might have, but you can ask to have them both done at the same time. To arrange a needs assessment in [Staffordshire](#) Call 03001118010 in [Walsall](#) call **0300 555 2922**

For statutory carer's assessments

[Stafford County Council](#) - [Staffordshire Carers](#)

Adult Carers: **0300 111 8010**

Young Carers: **01785 278444**

or

by Email: firstcontactcarers@staffordshire.gov.uk

[Walsall County Council](#)

Contact Walsall Carers Hub on 01922 616 798 or drop us a email

info@walsallcarershub.org.uk



Source: image by halfpoint@halfpoint



Carers UK's free helpline
on 0808 808 7777



Age UK's free helpline
on 0800 678 1602



Independent Age's
free helpline
on 0800 319 6789



Contact's free helpline for
families with disabled children
on 0808 808 3555





Source image by halfpoint@halfpoint

Parent Carers

It can feel overwhelming to be a parent of a child with additional needs. The more supported, confident and informed you feel as their carer, the less overwhelming this may be. In the same way, accessing the proper support for your child can help you manage the balance between being a parent and a carer. Many parents share how they feel they don't know where to start, so we've put together some steps to help you navigate the different types of support available. Parent carers are parents caring for a child with a disability. An adult caring for a child with additional needs can get support through First Contact.

contact *For families with disabled children*

Contact has a wealth of information available for parent carers with children living with a disability

Help For Families

Freephone: 0808 808 3555

Contact Family Advice Service



<https://parents.actionforchildren.org.uk>

Action for children offer parenting support from covering developmental and additional needs, family life and school amongst other other things. They also offer a 'Talk to us' service offering free and confidential live chat with a parenting coach.



Telephone: 0300 111 8010

Text: 0796 673 8920

Email: firstcontactcarers@staffordshire.gov.uk



Care for children and families

There is support available for children and young people with a disability or additional need and their families who live in Staffordshire:

- Aiming High (short breaks)
- Social work support
- Blue badge parking scheme
- Equipment and adaptations
- Families First



Staffordshire
Together for Carers
Service



[Staffordshire Together For Carers](#)

Source: image by Konstantin Postumitenko from Prostock-studio



Carers
First

[Support For Parents](#)



Young Carers

A young carer is someone:

- Under the age of 18
- Who looks after a family member or a friend struggling with an illness, a disability, a mental health issue or an addiction.

A young carer assessment is a way for you to talk about the caring you do and to get support from your local council.

If you care for someone and you are 17 or younger, you have a right to a young carer assessment, no matter how much time you spend caring.

What can it help me with?

- Find out if you are a young carer,
- Look at your needs and find out if you're happy looking after someone or if it's too much for you,
- Find things that can help you look after someone or give you strategies to help you cope.
- Talk about and make plans for your education, your hobbies, and your future.

image by Khunkorn@donutaos-images



[Young carers | Action For Children](#)



[Sidekick | Helpline for Young Carers | Action for Children](#)

What can it give me access to?

A local young carer service. They may have activities for you to relax, have fun and meet other young carers.

A trusted support worker. They will work with you to create a support plan for things you need at home, at school, or for yourself.

Financial support or local discounts.

Action For Children - Sidekick Service

www.sidekick.actionforchildren.org.uk/
has lots of advice for young carers including Free text talk sessions for support.

Want to talk things through?
Message Sidekick for support.

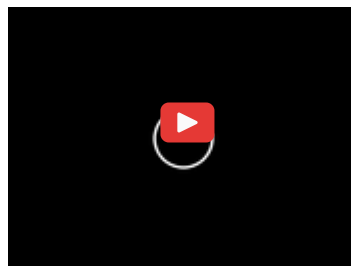
Text 07888 868 059

Email

sidekick@actionforchildren.org.uk



Staffordshire
Together for Carers
Service



**Click to watch this
short video**

The Children's Society

The
Children's
Society



Carer's Trust UK also have a handy online booklet

Know your rights

Is a great source of info for you as a young or young adult carer to find info about your entitlements.



erstrust
action · help · advice

Know your Rights:

Support for Young Carers and Young Adult Carers in England



Supporting you and your mental health

YOUNG MINDS



Young Minds

Carers Card UK

is a Carers ID card available to young carers age 16 and over, cost's just £8 for 2 years and gives carers access to:

- online discounts on big high st brands, theme parks, cinema theatre, days out and travel
- access to a carers circle well being hub and support app directly on your phone



Carers Card

School



The Children's Society

It's often difficult juggling all your school work and your caring responsibilities. If this is the case, it's good to ask for help. There is plenty of support out there for you.

The Children's Society

have helpful information, for you if you are struggling to keep up, need extra time or help with your work or experiencing bullying at school.

source: image by Yan Krukau from Pexels



Financial Advice And Support

There are several financial supports available for carers in the UK. These include:

- **Carer's Allowance**, which is the main benefit for unpaid carers provided by the Government
- **Carer's Credit**, which is a National insurance credit
- **The Carer Element of Universal Credit**

CAB Has a great page with in depth insight on **Carers allowance**. Carer's Allowance is a benefit for people who are giving regular and substantial care to a person living with a disability, subject to meeting a criteria.

If you're entitled to Carer's Allowance, you may be able to receive a **Carer Premium** (called a **Carer Addition** for people of State Pension age) or **Carer Element** if you receive Universal Credit.

Gov.uk has a page on '**Benefits and financial support if you're caring for someone**' that provides information on help if you regularly spend time caring for someone.

Carer's Trust also have a wealth on financial support for carers on there page <https://www.carersuk.org/help-and-advice/financial-support/>

TURN2US

has a benefits calculator that can assist you with information on benefits you may be entitled to. **Cannock Advice Centre** can also offer advice on benefits.

The Cared For

if the person you care for has a long-term illness or disability and are of State Pension age, they may be entitled to a benefit called **Attendance Allowance**.

Attendance allowance helps with extra costs if you have a disability severe enough that you need someone to help look after you. You could get extra Pension Credit, Housing Benefit or Council Tax Reduction if you get Attendance Allowance.

You do not have to have someone caring for you in order to claim for this.

If they under State Pension age, you may be eligible for **Personal Independence Payment (PIP)**.

If you're 16 or under, you may be eligible for **Disability Living Allowance (DLA)**.



citizens
advice

[Speak with and advisor](#)

[online](#)

Staffordshire South West

(Cannock Office)

Tel:0808 278 7874

Walsall Office Tel

- 0808 278 7812



[Gov.UK Benefits For Carer's](#)



CARERS TRUST

[Carers UK Financial Advice](#)



[Beat The Cold Energy Poverty Advice](#)



The Importance Well-being And Self Care

Maintaining your health and wellbeing, provides the energy and capacity to navigate your caring role and other parts of your life such as family and work. Good health and well-being means that you can provide the best care to your loved one and yourself.



Source: image by irynaknabituk

Some important tips for Carers include:

- Tend to your health, attended annual [health checks](#),
- Don't ignore symptoms, Seek advice if you have health concerns use [NHS symptom checker](#)
- ask for help when you need it
- take time for yourself (e.g little escapisms. respite services)
- exercise, eat healthily and sleep well
- relax as regularly as possible
- keep up social contacts
- attend a carer's group for support
- access all available services and funding
- acknowledge your feelings and accept them as a natural response. If you are feeling overwhelmed by your feelings, speak to our **mental health team** for some tips on ways to regulate your feelings and some ideas on self-soothing.

NHS Better Health

The **NHS Better Health** site is a great source of information promoting healthy life styles changes and practices.

The site's [Mental Well-being](#) page provides tips on Mind Plans, Self-Help [CBT Techniques](#), Meditation, [Sleep](#) and Mindfulness.

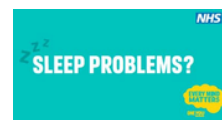
Introducing some of these techniques and practices into your day to day life, can help improve your mental and physical well-being, helping you to cope better with the every day challenges faced when providing care for someone .

Take a Break

Everyone deserves time out. You may care for a relative or are in need of care yourself. **Taking a break** from your usual routine can do the world of good.



[NHS Symptom Checker](#)



[Better sleep](#)



[NHS Talk Therapies](#)



[NHS Mental Health Wellbeing](#)



[Cannock Chase Can App](#)



[Staffordshire Health App Finder](#)





Taking A Break



[NHS- Carers Breaks](#)



[Stafford County Council Respite Care Break Advice](#)



[Cares UK Carer Break Fact Sheet](#)

When you're caring for someone it can be easy to keep putting their needs before your own. Taking a break is essential for keeping your own well-being on track

The main types of respite care are:

- Day care centres
- Homecare from a paid carer
- Short stay in a care home
- Getting friends and family to help
- Respite holidays
- Sitting services

The [NHS](#) have a great wealth of information on respite for carers, you can also find support on the [Staffordshire County Council site](#) .

Charities With Carer's In Mind

[MindforYou](#) offers supported holidays in the UK for people who are living with dementia and their carers to enjoy together

Some charities, such as [Revitalise](#), offer subsidised respite holidays for disabled people and their carers

Family Fund has grants towards the cost of holidays for families on a low income who are caring for a child with a disability or serious illness

[Family Holiday Charity](#) has breaks at holiday sites, or grants to help with the cost of a holiday, for low-income families. You need to be referred by your social worker, GP or health visitor, or by a charity or other welfare agent

Revitalise



www.revitalise.org.uk



www.mindforyou.co.uk



www.familyholidaycharity.org.uk



Focusing On Mental Health



Prioritising one's well-being is essential for carers to be able to provide the best possible care for your loved ones or person you care for. Wellbeing includes not just physical health, but also emotional and mental health. It's important to remember that you are human, and you need to take care of yourself in order to be able to take care of others.

Mental Health And Stress

Tips to improve your personal wellbeing that will also help improve your mental health.

"Self Care Is Not Selfish"

Dedicate some time to do something for yourself, such as resting, exercising, socialising or engaging in hobbies. is key for maintaining good mental well-being.

Connect With Others

Connecting and communicating with others is important to promote well-being and prevent isolation. Having a support network can reduce stress anxiety and improve mental health. its important to ask for help when you need it.

Meaningful Sleep

Although difficult whilst caring, its important to get good sleep as is vital to personal and mental wellbeing. Help by establishing a routine at night, try to wind down, make your sleep environment comfortable, avoid using screens caffeine, alcohol and big meals before bed.

Mindfulness and Meditation

Meditation is renowned for its stress-reducing effects. By practicing [mindfulness](#), you can reduce the harmful effects of stress. Regular mindful meditation can decrease anxiety levels .

How we can support

If you feel you are would benefit from support with your mental health, speak with your GP about yo ureligibility for a referral to the practice **mental health practitioner** or other services that may be available to you such as [Talking Therapy](#).

Free Mindfulness Resources

[Movement and Meditation](#)



[Meditation Videos](#)



[Grounding Techniques](#)



NHS Self Help Guides



[Self Help Stress leaflet](#)



[Mental health Audio Guides](#)



[Self-help guided breathing exercises](#)



Stress Management



[Signs and symptoms of stress](#)



[Mind Mental Health App Library](#)



Staying Active



Source: Image by Cecile_Arcus from Getty Images Signature

There are barriers and factors which impact a Carer's ability to undertake all forms of physical activity, for example 88% of carers report not having the time to take part in physical activity. Other barriers include guilt, anxiety, tiredness, injury or illness. Often people also feel they lack an understanding, of how much and which types of physical activity to do to maintain health and well-being.


Carers that are able to be active, say that they feel less lonely, have increased life satisfaction and reduced anxiety.

Being active is good for your mind and body. Every minute of activity counts – and the more you do, the more you'll benefit.

Exercise can:

- improve your sleep
- clear your mind
- boost your energy
- help with back or joint pain
- exercise can also reduce your risk of developing heart disease, stroke, type 2 diabetes, dementia, Alzheimer's disease and some cancers.

You can make small simple changes to your daily routine doing gentle exercises such as walking, swimming, stretching exercises and yoga, to improve activity. Resistance training is also a great way to exercise, burn fat and improve strength, bone density and balance.

Cares UK have a great [Carers Active Guide](#). Filled with tips and info 



[NHS Fitness Studio](#) have an array of free online workout classes you can try at home, and some local fitness centres and gyms such as [Cannock Chase Leisure Centre](#), offer concessionary rates for unpaid carers. Check out [Discounts for Carers](#) site for details on discounted memberships for carers.

Your practice can provide you with access to a **social prescriber** who can direct you to appropriate community help, related to your physical and mental health. They can also offer support with other social aspects revolving around your caring duties.



Why exercise is important
[NHS-Exercise](#)



Benefits of exercise
[Health Benefits of Exercise](#)



[NHS online fitness studio](#)



www.healthfabric.co.uk



Better Health
Let's do this

[Get Active](#)



[discountsforcarers](#)

[Discounts For Carers](#)



Eating Well

As a carer, eating a balanced diet is essential to provide your body with all the nutrients it needs. A balanced diet will keep your body strong and give you enough energy to provide the best care for the person you are caring for and yourself.

By understanding what a balanced diet looks like and how to fit it into your lifestyle, you can look after your own health and well-being.

Some of the effects of not eating a healthy balanced diet include:

- Reduced energy levels and strength
- Weak Immune system
- Unplanned weight loss
- Weight gain
- Reduced brain function

So what does a balanced diet look like?

The Eatwell Guide shows that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day
- base meals on higher fibre starchy foods
- have some dairy or dairy alternatives
- eat protein
- choose small amounts of unsaturated oils and spreads
- drink plenty of fluids (at least 6 to 8 glasses a day)

2 great sources for info are Carers UK ["Eating Well For Carers"](#) pdf and the Gov.UK [Eatwell Booket](#) both are available to download.

Foods to limit

- Highly processed foods and fast food
- Refined grains.
- Refined sugars.
- Sweetened drinks.
- Red and processed meats.
- Foods and drinks high in fat, salt or sugar
- Alcohol and caffeine

If you are concerned about your weight and would like support with your diet, contact your GP to see if your eligible for a referral, to your practice **dietitian** or one of the **weight management** programmes available to you.

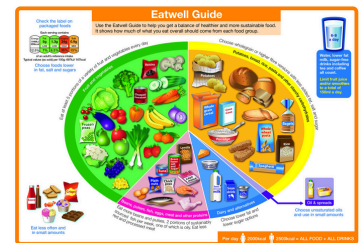


Carers uk have a great information booklet eating well for carers which can be found [here](#)



The Eatwell Guide

Helping you eat a healthy, balanced diet



[What we eat and drink can affect how we feel](#)





Contingency Care Plans

What is a care contingency plan?

A contingency plan is a plan for the unexpected.

As a carer, a contingency plan will outline some basic information so that others can step in to help and provide the necessary care should you suddenly be unable to. It might be due to an illness, a family emergency, or even just needing a short break. Having this written down ensures your loved one will be properly supported.

What does a care contingency plan include?

Here are some essential things to include in your contingency plan:

- Your contact details & those of the person you care for (Names, addresses, phone numbers, email addresses for you both)
- Emergency contacts: Family, friends, neighbours, someone reliable who can be called upon quickly. Ensure to ask their permission first.
- Doctors name and contact details.
- Medical information for your cared for person: Details of ongoing conditions, medications (a clear list with dosages), allergies.
- Care routine: What are the daily tasks they need support with, use a simple timetable to detail the daily schedule such as bathing, eating, taking meds, etc.
- Likes and dislikes: A few important preferences – their favourite food, TV shows, hobbies – including info like this can make transitions much smoother in the short term

Communicate your plan with family, friends and, if appropriate, the person that you care for, share copies, let your doctor, care worker and/or social worker know you have one and leave it where it will be found in an emergency

Creating your care contingency plan

There are resources available online to help make this easy. Carers UK even has an interactive tool called [MyBackUp](#) on the [CarersUK](#) website. You can also download templates to fill in.

Staffordshire County Council also fund [Staffordshire Together for Carers](#) to help carers to create a contingency plan.

It is important to remember a contingency plan is an act of love and responsibility. It brings peace of mind to you and most importantly, it ensures your loved one is always cared for.



Advanced Care Planning

Advanced Care Planning is a voluntary process of person-centred discussion, between an individual and their care providers about their preferences and priorities for their future care. These are likely to involve a number of conversations over time and with whoever the person wishes to involve.

Advance care planning is about a person doing what they can do, to ensure that health care treatment they may receive, is consistent with their wishes and preferences, should you be unable to make your own decisions or speak for yourself.

Advance care planning usually consists of 4 components:

- Preferences around the types of care or treatment
- Preferences in the place/location where they will be cared for
- Preferences on who they will appoint to be their decision maker for health and financial decisions.
- Official documentation where an individual can detail legally binding advance decisions to refuse certain medical treatments.

What are the benefits of advance care planning?

Advance care planning can have several benefits:

- It allows the person to have choice and control over what happens to them.
- It reduces the chance that someone receives care or treatment they do not want.
- It can make it more likely that someone's wishes are known and followed. For example, they may be more likely to die in their preferred place of death.
- It can lessen the burden on people close to the person, who may otherwise need to be involved in decision making without knowing what the person wanted.
- It can allow the person to think about who's important to them and who they'd like to help them make decisions.

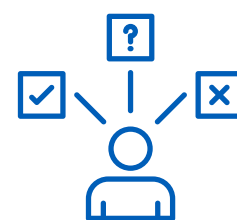
As a care giver its good to gradually introduce these types of conversations and support your cared for person in making these types of plans. This will also help you ensure are confident their wishes are being respected when it matters most.

Sourced image by c-George from Getty Images



THINK

DECIDE



LEARN

TALK



RECORD



[Age Uk Advance decisions, advance statements and living wills](#)



[Advanced care planning brochure](#)



What is ReSPECT?

ReSPECT stands for **Recommended Summary Plan for Emergency Care and Treatment**.

The **ReSPECT** process creates a personalised recommendation for your clinical care in emergency situations, where you are not able to make decisions or express your wishes.

A **ReSPECT** plan is created through conversations between yourself and one or more of the health professionals who are involved with your care. The recommendations should respect both patient preferences and clinical judgement.

ReSPECT is used across a range of health and care settings, including your own home, an ambulance, a care home, a hospice, or a hospital.

Who is it for?

ReSPECT can be for anyone who wants to record their care and treatment preferences but will be particularly relevant for those who have complex health needs, are likely to be nearing the end of life, or at risk of sudden deterioration or cardiac arrest.

How does ReSPECT work?

The **ReSPECT** process involves you having a conversation with your healthcare professionals.

Together you'll produce recommendations about the types of care and treatment you would or would not want to be considered in an emergency, and which would not work or be of overall benefit to you. You may also wish to include your family and/or carer(s) in these discussions.

The agreed plan is recorded on a **ReSPECT** form, which is available digitally on the Kent and Medway Care Record (KMCR). If your condition changes, or you change your mind, you can speak to your clinician again, who will update your plan.

A printed copy should stay with you and be available immediately to any healthcare professionals called to help you in an emergency, whether you are at home or being cared for elsewhere.

Professionals such as ambulance clinicians, out-of-hours doctors, care home staff and hospital staff will be better able to make quick decisions about how best to help you in an emergency if they can refer to your **ReSPECT** form.

For more information about **ReSPECT** please see the Resuscitation Council's website: www.resus.org.uk/respect/respect-patients-and-carers



[Information leaflet](#)



[What is ReSPECT Video](#)



[Now what?](#)



Carers Support Services

Care assessments, Carer's Support and Assistance

Staffordshire Together For Carers

staffordshiretogetherforcarers.org.uk

Email:

enquiries@staffordshiretogetherforcarers.org.uk

Call us on 0300 303 0621

Staffordshire Cares

Stafford County Council - Staffordshire Carers

Adult Carers: 0300 111 8010

Young Carers: 01785 278444

or

by Email: firstcontactcarers@staffordshire.gov.uk

CHS Health Care

Tel: 0808 175 3609

commplacements@chshealthcare.co.uk

www.carehomeselection.co.uk

Staffordshire Community Help Points

Email: community.helppoints@staffordshire.gov.uk

You can also contact the Staffordshire Cares team

by phone on 0300 111 8010 or email at

staffordshirecares@staffordshire.gov.uk

Walsall Carers Hub

offers a wide range of support and services to carers in Walsall.

info@walsallcarershub.org.uk

Call us on 01922 616 798

Support Carers of all ages, including young Carers (5-18), and adult Carers (18+) who either live in Staffordshire, or are registered with a Staffordshire GP or are providing unpaid care to someone that lives in Staffordshire.

Staffordshire Cares adult social care help support people who are frail, live with disabilities, mental health issues or neurodiversity, stay independent. The help support people and the people who care for them cares so they can live safe and well.

[EASY READ CONTACT DETAILS](#)

CHS Healthcare specialises in providing free support to families and individuals who require assistance sourcing the right kind of care. This service is specifically for people who are responsible for funding their own care as they are often not well supported through this process.

Community help points can help you to:

Access information about local services or activities

Become more confident in using the internet to help find information and solutions

Access the Staffordshire County Council and Staffordshire Connects websites or share some of the important information in them with you if you can't access them yourself

Find out where to buy equipment and technology to make daily living easier.

Debt, finance and form filling

Access befriending services - local and national
Support with identifying local paid home help services, such as cleaners and gardeners.

Staffordshire Carers Partnership Board

Are you, or have you been, an unpaid carer in Staffordshire?

The Carers Partnership Board, comprising of carers and professionals meet quarterly and are responsible for developing, delivering and monitoring the priorities for carers in Staffordshire. We are actively seeking carers to join the board to ensure that the carers' perspective is central to these discussions.

If you would like to find out more, contact

cathryn.rayner@staffordshiretogetherforcarers.org.uk



Support Services

Support Staffordshire

www.supportstaffordshire.org.uk
Email: info@supportstaffordshire.org.uk
Phone: 0300 777 1207

Healthwatch

www.healthwatchstaffordshire.co.uk
enquiries@healthwatchstaffordshire.co.uk
Call Us 0800 051 8371

Staying Well Service

www.mpft.nhs.uk/services/staying-well-service
Call us on 01827 306204
enquiries@mpft.nhs.uk

Staffordshire Network for Mental Health

www.snfmh.org
info@snfmh.co.uk
Call us on: 07591 924728

Talking Therapies

Free & confidential talking therapy
Call 0300 303 0923

Age UK Staffordshire

www.ageuk.org.uk/staffordshire/
General enquiries: 01785 788477
Email: info@ageukstaffordshire.org.uk
www.ageuk.org.uk/staffordshire/

Alzheimer's Uk Staffordshire

www.alzheimers.org.uk
South Staffordshire
call on 01543 573936.
Dementia Support Line
call 0333 150 3456

St Giles Hospice

www.stgileshospice.com
mail@stgileshospice.com
Tel: 01543 432 031

Macmillan

www.macmillan.org.uk
Macmillan Support Line
08008080000

Walsall Hub on 01922 721172

walsallmacmillan.informationhub@nhs.net

New Cross 01902 695234

rwh-tr.macmillanwolverhampton@nhs.net

Financial support

Get help and advice

Get expert benefits advice, plus help filling in claim forms, from:

- [Carers UK helpline](#) on 0808 808 7777
- [Carers Direct](#) helpline on 0300 123 1053
- [Age UK](#) on 0800 678 1602
- [Citizens Advice](#) on 0800 144 8848
- [Gingerbread](#) (for single parents)
on 0808 802 0925
- [Family Rights Group](#) on 0808 801 0366

Turn2 us

Cannock Chase Advice Centre
23 Park Road
Cannock
Staffordshire
WS11 1JN

Public phone: 01543 579611
Email: cannockchaseac@gmail.com