

Carers Information Pack

Supporting Carers in Nottinghamshire

Caring for a loved one can be rewarding but also physically and emotionally demanding. Nottinghamshire offers a range of support services to help unpaid carers manage their responsibilities while maintaining their own well-being. Below is a summary of key resources available to carers within the region.

Information and Advice

Carers Hub Service

- Provides information, advice, and emotional support.
- Connects carers with local services, support groups, and training.
- Contact: **0808 802 1777**
- Website: Nottingham City Council

Carers Federation

- Offers a Carers Information Pack with guidance on available services.
- Provides one-on-one support and advocacy for carers.
- Website: Carers Federation

Nottinghamshire County Council Carers Support

- Provides the "Do You Look After Someone?" booklet with detailed information on support services.
- Website: Nottinghamshire County Council

Financial Support

Carer's Allowance

- A weekly benefit for those who spend at least 35 hours per week caring for someone.
- Apply via Gov.uk or call **0800 731 0297**.

Carer's Assessment

- If caring affects your well-being, you may be eligible for support services or financial assistance.
- Contact Nottinghamshire County Council at **0300 500 8080** to request an assessment.

Respite and Practical Support

Emergency Carer's Card

- Identifies you as a carer in case of emergency, ensuring continuity of care for your loved one.
- Apply through Nottinghamshire County Council.

Short Breaks and Respite Care

- Local services provide short-term care options, allowing carers to take a break.
- Contact the Carers Hub or your local social services team for eligibility and referrals.

Home and Community Support

- Help with daily tasks such as meal preparation, personal care, and household chores may be available.
- Contact **Nottinghamshire Adult Social Care** at **0300 500 8080**.

Emotional and Peer Support

Carer Support Groups

- Local and online groups provide a community of support and shared experiences.
- Check with the Carers Hub for group details.

Counselling and Mental Health Support

- Emotional well-being support and counselling services are available through local charities and NHS services.
- Nottinghamshire Mind and Carers Federation offer mental health support for carers.

Healthcare and Medical Support

GP Carer Registration

- Please fill in the Carers form within this pack or go onto the Musters website to inform the practice of your carer status.
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NHS Carers Direct Helpline

- Provides free information and guidance: **0300 123 1053**

Carers Form

| Carer's details: | | | |
|-------------------------|--|-------------------|--|
| Surname | | Forename | |
| Date of birth | | NHS number | |
| Street | | Region | |
| Town or city | | Postcode | |
| Telephone | | Email | |

| Details about the person you care for: | | | |
|---|--|------------------------|--|
| Surname | | Forename | |
| Date of birth | | NHS number | |
| Street | | Region | |
| Town or city | | Postcode | |
| Telephone | | GP and practice | |

| Details about the care you provide: |
|--|
| |

| | |
|--|--|
| I consent to you referring me to Adult Social Care for an assessment. | |
| Please pass my details to the local carer support services. | |

| | |
|------------------|--|
| Signature | |
| Date | |

Please return the completed form to reception.

Carers Services

Nottingham and Nottinghamshire



Engagement and Promotion Provided by Nottinghamshire Carers Association (NCA)

Training, resources, information and advice for:

- Education professionals
- Children and families health and social care professionals
- Employers (county only)
- Community facing organisations (county only)

Involvement opportunities for:

- Adult carers
- Young carers

We run and support involvement opportunities across the Integrated Care System so carers can have their voices heard and help to shape services.

Carers Space Notts Network

A co-produced network of carers and professionals coming together to share knowledge and experiences and develop services as equals.

www.carersspacenotts.com

Carers Roadshows

Market place style events bringing services together so that carers can easily access the support available in their area.

<https://www.carersspacenotts.com/roadshows.html>

Contact details:

Email:
info@nottinghamshirecarers.co.uk
Website:
www.nottinghamshirecarers.co.uk

Carers Hub Service (CHS) - Provided by The Carers Federation

Support for Adult Carers aged 18+

- Information, advice and guidance
- Access to carers conversations and assessments
- 1:1 support
- Health and wellbeing support
- Peer support groups across the city and county including Young Adult support group and Parent support group.
- Online support
- Referral to social care services
- Access to Carers Emergency Planning
- Carer ID Cards
- Access to Respite services
- Connecting to other organisations
- Access to Carer personal budgets
- Liaison with adult health professionals and teams
- Co-production opportunities
- Support plans

Contact details:

Tel: 0808 802 1777
WhatsApp/Text: 07814 678 460
Email:
carershubinfo@carersfederation.co.uk
Website:
www.carershub.carersfederation.co.uk

Young Carers Notts (YCN) - Provided by TuVida

Support for Young Carers aged 5 - 17

- Information, advice and guidance
- Access to carers conversations and assessments
- 1:1 and group support
- Health and wellbeing support
- Activities across city and county
- Regular events to meet other young carers
- Referral to social care services
- Connecting with other organisations
- Co-production opportunities
- Support plans
- Young Carer Travel Cards
- Young Carer ID Cards

Contact details:

Tel: 01158 248 824

Email:
youngcarers@tuvida.org
Website:
<https://www.youngcarersnotts.co.uk>

