Information Sheet

Carers Hub Services – Nottinghamshire

A free, confidential and independent support service available for carers, accessible via our Helpdesk on 0115 824 8824 or via email on

hub@carerstrustem.org

or visit our website www.carerstrustem.org/hub



The Nottinghamshire Carers Hub can offer County Carers:

Information, Advice and Guidance

Signposting to specialist organisations, advice on benefits, other support groups for carers

1-2-1 Telephone Support

Listening and emotional support, coping mechanisms during stressful times

Carer Support Groups

- A chance to meet other Carers and share experiences, activities, outings, guest speakers
- Various venues around Nottinghamshire

Drop-in Advice & Information Sessions

Face to face support with a Carers Hub support worker, venues around Nottinghamshire

Carers Assessment

Assistance to access a Carers Assessment via Adult Social Care to identify your support needs

Respite Break for Carers

Assistance to access Respite services for the 'cared for' allowing the Carer to have a break

Access to Health & Wellbeing (gym) Membership

☐ Free weekly sessions for Carers, one day a week for 3 months, access to all facilities

Counselling Services

Assistance to access counselling services

Carers Grants

Assistance to access funding and grants

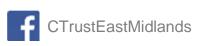
CarerSmart

- To see the full range of benefits on offer log in at: carersmart.org/Account/Login
- Joining is easy and free, once you're a member, you can benefit from a wide range of offers including:
 - Cash back on shopping from numerous high street retailers
 - Best rates from energy providers
 - Reductions on insurance renewals
 - Discounts on holidays and travel arrangements
 - Reduced price lifestyle activities
 - Free legal advice service



Notts Help Yourself - local information online

■ Website, one stop shop for everything people need to know about services, advice, support, activities and events in Nottinghamshire www.nottshelpyourself.org.uk









Useful Numbers:

- Adult Services: to request a carers or care needs assessment, emergency card, personal budget, full benefit check or respite via the NHS break fund call: 0300 500 80 80 option 2 then option 3
- Aebal Leisure: community activities/adults with mental health/learning disability 07591 555858
- Age UK: range of services including benefits and legal advice: 0115 8440 011 / 0800 678 1174
- Age UK Connect: range of support in Mansfield/Ashfield/Newark & Sherwood: 01623 488 217
- Alzheimer's Society: memory clinics, information & advice: 0115 9343 800
- Autism East Midlands: range of support service for families and carers: 01909 506 678
- □ Blue Badge: contact your local authority (council) for details
- ☐ Carers Direct: information and advice for carers: 0300 123 1053
- Carers Trust Home Care: personal care, meal prep, light domestic duties etc: 0115 9628 920
- ☐ Children's Services: to request an assessment call: 0300 500 80 80
- ☐ Cinema Card: free pass for carers: www.ceacard.co.uk 01244 526 016
- ☐ Citizens Advice: advice on rights, benefits, finance: 0344 111 444
- □ Connect Metropolitan: range of support in Broxtowe/Gedling/Rushcliffe: 0115 9395 406
- Connect NCHA: range of support for people in Bassetlaw: 0115 8443 541
- Council Tax Reduction: contact your local authority to see if you are eligible
- □ **Disability Direct**: support with benefits advice, transport, equipment: **0115 9785 095**
- DWP (Department for Work and Pensions): 0800 917 22 22
- Enterprise Foods: meals at home: 01623 490 015
- ☐ Headway Nottingham: supporting people affected by brain injury: 0115 9679 669
- Healthy Housing: home owners advice on energy efficiency: 0115 9853 009
- Independent Age: advice & support for older people www.independentage.org 0800 319 6789
- □ Insight: talking therapies / counselling: 0300 555 55 82
- Inspire Culture Learning & Libraries: access to learning and information: 01623 664 943
- Let's Talk Wellbeing: counselling & mindfulness: 0115 9560 888
- Marie Curie Helper Service: supporting people with a terminal illness: 0800 304 7401
- Nottinghamshire County Council: www.nottinghamshire.gov.uk 0300 500 80 80
- Nottinghamshire Fire & Rescue Service: free home check / smoke detectors: 0115 8388 100
- □ PALS (patient advice & liaison service: 0800 183 02 04
- Parkinson's UK: information and support: 0808 108 8335
- Pathways: End of Life Support Service: 0115 8248 824
- □ PIP Enquiries (Personal Independence Payment): 0345 850 33 22
- Pohwer: advocacy service: 0300 456 2370
- Power of Attorney: visit www.gov or contact a local solicitor for advice
- Radford Care Group: dementia information and training sessions: 0115 9786 133
- Self Help Nottinghamshire: range of self help groups: 0115 9111 662
- Stroke Association: support and information: 0303 3033 100
- Talking Point: online dementia support: www.alzheimers.org.uk/talkingpoint/ 0300 222 1122
- Telecare: assistive technology in the home: 0300 500 80 80
- **Veterans:**
 - SSAFA: lifelong support and advice: 0115 9781 623 www.ssafa.org.uk
 - Forces Friends Age UK: support for veterans and their carers: 0115 8440 011
 - TIL: veterans or leaving the military, transition, intervention & liaison: 0300 323 0137
 - DMWS: veterans (and families) over 65 receiving medical treatment: 0800 999 3697
- Young Carers: to request an assessment call: 0300 500 80 80
- Young Carers Groups & Activities in Nottinghamshire: 0115 8248 824

Remember to register with your GP as a carer; you are entitled to a flu jab & health check







