

## Information Sheet

### Carers Hub Services – Nottinghamshire

A free, confidential and independent support service available for carers, accessible via our Helpdesk on [0115 8248 824](tel:01158248824) or via email on [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org) or visit our website [www.tuvida.org](http://www.tuvida.org)

Nottinghamshire Carers Hub can offer County Carers:

#### Information, Advice and Guidance

- Information, advice and guidance around your caring role
- 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
- Weekly wellbeing and befriending calls
- Evening calls for working carers

#### Virtual and Face to Face Carer Support Groups

- A chance to meet other Carers online via Zoom or face to face, share experiences & information, guest speakers, information and advice, craft sessions, peer support, training etc

#### Drop-in Advice & Information Sessions

- Face to face support with a Carers Hub support worker, various venues across Nottinghamshire

#### Respite Break for Carers

- Assistance to access Respite services for the ‘cared for’ allowing the Carer to have a break

#### Access to Health and Wellbeing (gym) Membership

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

#### Online Mindfulness Courses

- A variety of online videos for Carers to practice Mindfulness and coping mechanisms.

#### Volunteer Service

- Offering befriending, local group walks, craft sessions: 07860 957 700

#### Carers Grants

- Assistance to access funding and grants

#### CarerSmart

- To see the full range of benefits on offer register at: [carersmart.org](http://carersmart.org)
- Joining is easy and free, once you’re a member, you can benefit from offers including:
  - Cash back on shopping, best rates from energy providers
  - Reductions on insurance renewals, discounts on holidays
  - 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](http://www.nottshelpyourself.org.uk)

#### Stay Active at Home - strength and balance exercises for older adults

- Link to YouTube video: <https://youtu.be/n8s-8KtfgFM>

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

## Useful Numbers:

- Adult Services: to request a carers assessment or care needs assessment, emergency card, personal budget, full benefit check or respite via the NHS break fund call: 0300 500 80 80
- Admiral Nurse: Dementia Helpline: 0800 888 66 78
- 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
- Attendance Allowance Helpline: 0800 731 01 22
- Autism East Midlands: range of support service for families and carers: 01909 506 678
- Blue Badge: contact your local authority (council) for details: 0300 500 80 80
- Carers Allowance Helpline: 0800 731 0297
- Carers Direct: information and advice for carers: 0300 123 1053
- Children's Services: to request an assessment call: 0300 500 80 80
- Cinema Card: free pass for carers: [www.ceacard.co.uk](http://www.ceacard.co.uk) 01244 526 016
- CISWO Coal Industry Social Welfare Org: support for ex miners & families: 01623 625 767
- 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
- 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](http://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](http://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
- PIP (Personal Independence Payment) new claims: 0800 9172 222 / existing claims: 0800 1214 433
- Pension Credit Helpline: 0800 731 78 98
- Pohwer: advocacy service: 0300 456 2370
- Power of Attorney: visit [www.gov](http://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/](http://www.alzheimers.org.uk/talkingpoint/) 0300 222 1122
- Telecare: assistive technology in the home: 0300 500 80 80
- TuVida Home Care: personal care, meal prep, light domestic duties etc: 0115 9628 920
- Veteran Services:
  - SSAFA: lifelong support & advice for Veterans & their families: 0115 9781 623 [www.ssafa.org.uk](http://www.ssafa.org.uk)
  - Veterans at Home Age UK: activity packs to keep your mind active: 07872 839 605
  - TIL: Veterans or leaving the military, Transition, Intervention & Liaison: 0300 323 0137
  - DMWS: Veterans & families over 65 receiving medical treatment: 0800 999 3697
- Young Carers: to request a Young Carers Assessment call: 0300 500 80 80
- Young Carers Groups & Activities in Nottinghamshire: 0115 8248 824

TuVida formerly Carers Trust East Midlands. A Carers Trust network partner. Funders include NHS, Notts County & Nottm City Council.

