



# Developing Carer Services Event

## 19<sup>th</sup> July

### Do you look after someone who would struggle to cope without your support?

If this sounds like you, you may be a carer. You may not see yourself as one, but if you are supporting a relative or friend of any age who has a learning disability, mental health issues, a history of substance misuse, a serious health condition, is physically disabled, or is elderly and frail, then you are a carer. A carer can be young or old – a child or young person under 18 can be a carer.

### Unpaid carers support services across Nottinghamshire and Nottingham City

Council and Health commissioners in Nottingham City and Nottinghamshire have recently co-produced a (draft) joint [Carers Strategy](#) with local carers and carer support organisations.

As partner organisations we are now working together to review and re-commission services which support unpaid carers of all ages, across Nottingham and Nottinghamshire.

This includes:

- Raising awareness of unpaid carers and enabling them to access support earlier
- Providing information, advice, and guidance
- Providing individual and group support for carers (including young carers)
- Providing breaks from the caring role

### What would you like support services for unpaid carers to look like?

The support services we are re-commissioning are for you.

We want to hear from you!

We need to get this right for you, so you will get the information, advice, and support that will help you to care for your friend or relative whilst taking care of your own health and well-being.

### Come to our meeting and give your feedback on Tuesday 19<sup>th</sup> July 1:30pm-3:00pm – virtually via Microsoft Teams

We are inviting you to join us for a one-off event where we will update you on the findings of our review so far. You will have the opportunity to discuss and feedback on options for how the new services should look together with service providers, partners, and community organisations.

We hope to record the session for those who are unable to attend.

Please book a place by emailing your name to: [SCandMD@nottinghamcity.gov.uk](mailto:SCandMD@nottinghamcity.gov.uk)