

# Information Sheet

## \*\* Revised Carers Hub offer during the Coronavirus Pandemic \*\*



### 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](mailto:hub@carerstrustem.org) or visit our website [www.carerstrustem.org/hub](http://www.carerstrustem.org/hub)

#### The 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 Carer Support Groups

- A chance to meet other Carers online and share experiences, virtual guest speakers, peer support

##### Virtual Drop-in Advice & Information Sessions

- Face to face support with a Carers Hub support worker through various forms of online mediums and times to suit you

##### Online Mindfulness Courses

- A variety of online videos for Carers to practice Mindfulness and coping mechanisms. Two videos per week plus a newsletter of inspiration to inspire, recharge, lift and encourage. Commencing on 13<sup>th</sup> April to end of June 2020.

##### Assistance to Collect Essential Items

- Support to access services that can help those who cannot get out to collect shopping and prescriptions

##### 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](http://carersmart.org/Account/Login)
- 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>



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## 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**
- ❑ **Aeal 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](http://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](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**
- ❑ **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](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**
- ❑ **Veterans:**
  - **SSAFA:** lifelong support and advice: **0115 9781 623** [www.ssafa.org.uk](http://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**



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