

## Information Sheet

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

### Carers Hub Services – Nottingham City

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)



### Nottinghamshire Carers Hub can offer City Carers:

#### Information, Advice, Guidance around your caring role and 1-2-1 Telephone Support

- Signposting to specialist organisations, advice on benefits, other carer support groups
- Listening and emotional support, coping mechanisms during stressful times

#### Virtual Carer Support Groups

- A chance to meet other Carers and share experiences, 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

#### Carers Assessment, Carer ID Card & Emergency Plan

- Carers assessment, discussing carer role and identifying support needs
- ID card to identify that you are a carer with responsibilities and plan for an emergency

#### Respite - Short Break for Carers

- Respite sitting service for the 'cared for' allowing the Carer to have a well-earned break. We can help with emergency/planned respite

#### 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 6<sup>th</sup> April to end of June 2020

#### Assistance to Collect Essential Items

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

#### Funding & 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, members, can benefit from a wide range of offers including:
  - Cash back on shopping, best rates from energy providers
  - Reductions on insurance renewals, discounts on holidays
  - Free legal advice service



#### LiON – Local Information Online Nottingham

- One stop shop for everything people need to know about services, advice, support, activities and events in Nottingham [www.asklion.co.uk](http://www.asklion.co.uk)



CTrustEastMidlands



@CarersTrustEM

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## Useful Numbers:

- **Action for Young Carers**, support and activities for young carers: **0115 9629 351**
- **Adult Services**, Health & Care Point for social care support: **0300 131 0300**
- **Age UK**, range of services including benefits & legal advice: **0115 8440 011**
- **Autism East Midlands**: support, information & advice: **01909 506 678**
- **Blue Badge**: [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) **0115 8761 966**
- **British Red Cross**: wheelchair / toileting aids hire: **0115 8528 029**
- **Care Home Directory**: [www.carehome.co.uk](http://www.carehome.co.uk) (put Nottingham City in search box)
- **Carers Allowance**: advice or to make a claim: **0800 731 0297** [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)
- **Carers Trust Home Care Service**: personal care, meal prep etc: **0115 9628 920**
- **Children's Services**: **0115 8764 800**
- **Cinema Carers Card**: free pass for carers [www.ceacard.co.uk](http://www.ceacard.co.uk) **01244 526 016**
- **CISWO (Coal Industry Social Welfare Org)** for ex Miners: **01623 625 767**
- **Council Tax Reduction**: [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) **0115 7181 777**
- **Counselling Services**:
  - **Insight**: talking therapies: **0300 555 5582**
  - **Let's Talk Wellbeing**: counselling & mindfulness: **0115 9560 888**
  - **Trent PTS**: feeling stressed, anxious or low?: **0115 8963 160**
  - **Wellness in Mind**: concerned about your mental health?: **0800 561 0073**
  - **Carers Federation**: feeling tired, depressed or isolation: **0115 9629 310**
- **Dementia Services**:
  - **Alzheimer's Society**, memory clinics, information, support & training : **0115 9343 800**
  - **Radford Care Group**, 'Making Sense of Dementia' info sessions: **0115 9786 133**
- **Disability Direct**: benefits advice, transport, equipment, befriending: **0115 9785 095**
- **DWP (Department for Work & Pension)**: **0800 917 22 22** DWP Nottingham: **0843 515 8313**
- **Framework / Housing / Nature in Mind**: **0115 8417 711**
- **Healthy Housing**, home owners – advice on energy efficiency: **0115 9853 009**
- **Independent Age**: advice for older people [www.independentage.org](http://www.independentage.org) **0800 319 6789**
- **Marie Curie Helper Service**: support with terminal illness: **0800 304 7401**
- **Nottingham City Council**: inc crisis response: **0300 131 0300** [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)
- **Nottingham City Homes**: **0115 9152 222**
- **Palliative & End of Life**: support service: **0115 9621 222**
- **Parkinson's UK**: information and support: **0808 108 8335**
- **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
- **Severn Trent 'Big Difference Scheme'** on a low income, help with bills: **0300 123 0890**
- **Stroke Association**: information and support: **0303 3033 100**
- **Telecare / Assistive Technology**: aids for around the home and self: **0115 8763 222**
- **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**
- **Welfare Rights**: for benefits advice / full benefit check: **0115 9151 355**

**Remember to let your GP know you are a carer, you are entitled to a flu jab & health check**