



## Are you a Carer?

If you are looking after someone who couldn't cope without your help, we really would like you to let us know, so that we can ensure you receive all the support and information we can give. A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support. You are a Young Carer if you are under 18 in this role.

You can be added to the practice 'carer register' and gain access to information and support. This includes access to a named Carer Champion.

A Carer Champion is a staff member at your practice who support carers.

**(name of champion) is the Practice's Carer Champion at (name of practice).**

As a Carer, you are entitled to an annual flu vaccine, a health check and a Carers Assessment.

Ask in your medical practice for more information.

## Nottinghamshire Carers Association

Nottinghamshire Carers Association works with schools, health and social care professionals to raise awareness of Carer's in the community.

Web: <https://nottinghamshirecarers.co.uk/>

Email: [info@nottinghamshirecarers.co.uk](mailto:info@nottinghamshirecarers.co.uk)

## Nottinghamshire Carers Hub

Carers Trust East Midlands provides information and support for Carers via the Nottinghamshire Carers Hub to help make caring for a loved one easier.

0115 824 8824 Lines are open Monday to Friday, 9am until 5pm You can speak to an experienced support worker who will provide a personalised service that meets your individual needs.

Web: [www.carerstrustem.org/hub](http://www.carerstrustem.org/hub)

Email: [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

## Nottinghamshire County Council support for Carers

<https://www.nottinghamshire.gov.uk/care/adult-social-care/carers/support-for-carers>