

NOTTINGHAMSHIRE CARERS ASSOCIATION

What kind of services are available to help carers?



A carer's assessment to discuss what would make life easier for them.

Support to take a break and look after their own health.

Specialist support for Young Carers and Young Adult Carers

Support groups, social events and emotional support.

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.

Online and local Information, advice and signposting.

The chance to get involved in shaping services for Carers.

Planning for emergencies or for the future.

Training relating to the Carer role e.g. First Aid and Manual Handling.

For more information contact your GP practice Carers Champion

