



# CARERS PLEDGE

## Supporting carers

Name:

*Is Signed up to the Carers Pledge*

Date:

A carer is someone of any age who provides unpaid support to family or friends who cannot manage without this help due to illness, disability, mental ill-health or a substance misuse problem. Carers are the largest source of care and support in each area of the UK. There are currently 6.5 million carers living in the United Kingdom with an estimated 90,000 Carers living in Nottinghamshire.

### Our Challenge

We will be encouraging all GP practices across Mid and South Nottinghamshire to sign up to the Carers Pledge. This will mean that all Carers registered with those practices will be able to access advice and support easily, to be recognised and listened to by health and special care professionals and to connect with others in a caring role.

We hope that the Pledge will ensure Carers feel valued and supported to continue in their caring role.

For more information please contact Nottinghamshire Carers Association on

01773 833 833

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

### The Carers Pledge :

- Quality, accessible and up-to-date information for Carers
- Improve the way Carers are identified, supported and signposted
- Appoint Carers Champions who will identify and promote Carer support services

### Our Commitment :

- Provide up-to-date information and resources relevant to your organisation
- Offer staff training and Carer awareness sessions
- Provide evidence and support through CQC, and achievement of Quality Markers

