

# Information Sheet

## Carers Hub Services – Nottingham City



A free, confidential and independent support service available for carers 18+, accessible via our Helpdesk on **0115 824 8824** or via email on [hub@carerstrustem.org](mailto:hub@carerstrustem.org) visit our website [www.carerstrustem.org/hub](http://www.carerstrustem.org/hub)

### Nottinghamshire Carers Hub can offer City Carers:

#### Information, Advice and Guidance

- Signposting to specialist organisations, advice on benefits, other carer support groups

#### 1-2-1 Telephone Support

- Listening and emotional support, coping mechanisms during stressful times

#### Carer Support Groups

- A chance to meet other Carers and share experiences, activities, outings, guest speakers
- Various venues around Nottingham City

#### Drop-in Advice & Information Sessions

- Face to face support with a Carers Hub support worker, venues around Nottingham City

#### Carers Assessment

- Carers assessment, discussing carer role and identifying support needs

#### Respite - Short Break for Carers

- Respite sitting service for the 'cared for' allowing the Carer to have a well-earned break, attend appointments, leisure activities, avoid crisis situation etc
- We can help with emergency or planned respite

#### Carer ID Card & Emergency Plan

- ID card to identify that you are a carer with responsibilities and plan for an emergency

#### Counselling Services

- Assistance to access counselling services

#### Funding & Grants

- Assistance to access funding and grants

#### CarerSmart Discount Card

- Benefits scheme available to all carers - <https://www.carersmart.org/> 0333 0033 426
- Joining is easy and free, members, can benefit from a wide range of offers including:
  - Cash back on shopping from numerous high street retailers
  - Best rates from energy providers
  - Reductions on insurance renewals
  - Discounts on holidays and travel arrangements
  - Reduced price lifestyle activities
  - 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)



Connect with us via:

CTrustEastMidlands



@CarersTrustEM

Funded by:



Nottingham  
City Council

## 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**
- **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**
- **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**, support with benefits advice, transport, equipment: **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**
- **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 soon to leave the military, support around mental health, transitions, intervention and liaison: **0300 323 0137**
- **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**

Connect with us via:



CTrustEastMidlands



@CarersTrustEM

Funded by:



**Nottingham**  
City Council