

Information Sheet

Carers Hub Services – Nottinghamshire

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 or visit our website www.carerstrustem.org/hub

The Nottinghamshire Carers Hub can offer County Carers:

Information, Advice and Guidance

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

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 Nottinghamshire

Drop-in Advice & Information Sessions

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

Carers Assessment

- Assistance to access a Carers Assessment via Adult Social Care to identify your support needs

Respite Break for Carers

- Assistance to access Respite services for the ‘cared for’ allowing the Carer to have a break

Access to Health & Wellbeing (gym) Membership

- Free weekly sessions for Carers, one day a week for 3 months, access to all facilities

Counselling Services

- Assistance to access counselling services

Carers 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, once you’re a member, you 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



Notts Help Yourself - local information online

- Website, one stop shop for everything people need to know about services, advice, support, activities and events in Nottinghamshire www.nottshelpyourself.org.uk

Connect with us via:



CTrustEastMidlands



@CarersTrustEM

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**Nottinghamshire
County Council**



Useful Numbers:

- ❑ **Adult Services:** to request a carers or care needs assessment, emergency card, personal budget, or respite via the NHS break fund call: **0300 500 80 80 option 1 then option 3**
- ❑ **Age UK:** range of services including benefits and legal advice: **0115 8440 011 / 0800 678 1174**
- ❑ **Age UK Connect:** range of support in Mansfield/Ashfield/Newark & Sherwood: **01623 488 217**
- ❑ **Alzheimer's Society:** memory clinics, information & advice, training: **0115 9343 800**
- ❑ **Autism East Midlands:** range of support service for families and carers: **01909 506 678**
- ❑ **Blue Badge:** contact your local authority (council) for details
- ❑ **Carers Direct:** information and advice for carers: **0300 123 1053**
- ❑ **Carers Trust Home Care:** personal care, meal prep, light domestic duties etc: **0115 9628 920**
- ❑ **Children's Services:** to request an assessment call: **0300 500 80 80**
- ❑ **Cinema Card:** free pass for carers: www.ceacard.co.uk **01244 526 016**
- ❑ **Citizens Advice:** advice on rights, benefits, finance: **0344 111 444**
- ❑ **Connect Metropolitan:** range of support in Broxtowe/Gedling/Rushcliffe: **0115 9395 406**
- ❑ **Connect NCHA:** range of support for people in Bassetlaw: **0115 8443 541**
- ❑ **Council Tax Reduction:** contact your local authority to see if you are eligible
- ❑ **Disability Direct:** support with benefits advice, transport, equipment: **0115 9785 095**
- ❑ **DWP (Department for Work and Pensions):** **0800 917 22 22**
- ❑ **Enterprise Foods:** meals at home: **01623 490 015**
- ❑ **Healthy Housing:** home owners – advice on energy efficiency: **0115 9853 009**
- ❑ **Independent Age:** advice & support for older people www.independentage.org **0800 319 6789**
- ❑ **Insight:** talking therapies / counselling: **0300 555 55 82**
- ❑ **Inspire Culture Learning & Libraries:** access to learning and information: **01623 664 943**
- ❑ **Let's Talk Wellbeing:** counselling & mindfulness: **0115 9560 888**
- ❑ **Marie Curie Helper Service:** supporting people with a terminal illness: **0800 304 7401**
- ❑ **Nottinghamshire County Council:** www.nottinghamshire.gov.uk **0300 500 80 80**
- ❑ **Parkinson's UK:** information and support: **0808 108 8335**
- ❑ **Pathways:** End of Life Support Service: **0115 8248 824**
- ❑ **PIP Enquiries (Personal Independence Payment):** **0345 850 33 22**
- ❑ **Pohwer:** advocacy service: **0300 456 2370**
- ❑ **Radford Care Group:** dementia information and training sessions: **0115 9786 133**
- ❑ **Self Help Nottinghamshire:** range of self help groups: **0115 9111 662**
- ❑ **Stroke Association:** support and information: **0303 3033 100**
- ❑ **Telecare:** assistive technology in the home: **0300 500 80 80**
- ❑ **Veterans:**
 - **SSAFA:** lifelong support and advice: **0115 9781 623** 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:** benefits advice: **0300 500 80 80**
- ❑ **Young Carers:** to request an assessment call: **0300 500 80 80**
- ❑ **Young Carers Groups & Activities:** Mansfield & Ashfield: **0115 8248 824**

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

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