

# Fact 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)



**The Nottinghamshire Carers Hub can offer City Carers:**

### Information, Advice and Guidance

- Signposting to specialist organisations
- Advice on benefits, other 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 and outings, guest speakers
- Various venues around Nottingham City

### Drop-in Advice & Information Sessions

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

### Carers Assessment

- Carers assessment to identify your support needs
- Support Plan

### 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 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
- Plan for an emergency situation involving yourself

### Counselling Services

- Assistance to access counselling services

### Mindfulness Program

- 4 week program, learn techniques to reduce your stress and anxiety, improve your focus, gain emotional control, each session 1 hour 15 minutes

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## 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, 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



## LiON – Local Information Online Nottingham

- New website created by NHS & Nottingham City Council
- 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)



## Useful Numbers:

- Action for Young Carers: 0115 9629 351 / 2 / 3 or 0115 9629 349
- Adult Services: 0300 131 0300
- Age UK: 0115 8440 011
- Alzheimer's Society: 0115 9343 800
- Autism East Midlands: 01909 506 678
- Carers Trust Home Care: 0115 9628 920
- Children's Services: 0115 8764 800
- Cinema Card: [www.ceacard.co.uk](http://www.ceacard.co.uk) 01244 526 016
- Disability Direct: 0115 9785 095
- DWP: 0800 917 22 22
- Framework: 0115 8417 711
- Healthy Housing: 0115 9853 009
- Insight / Talking Therapies: 0300 555 5582
- Let's Talk Wellbeing: 0115 9560 888
- Marie Curie Helper Service: 0800 304 7401
- Nottingham City Council: 0115 9155 555
- Nottingham City Homes: 0115 9152 222
- Palliative & End of Life Support Service: 0115 9621 222
- Parkinson's UK: 0808 108 8335
- PIP Enquiries: 0345 850 33 22
- Pohwer Advocacy Service: 0300 456 2370
- Radford Care Group (dementia information sessions): 0115 9786 133
- Stroke Association: 0303 3033 100
- Telecare / Assistive Technology: 0115 8763 222
- Turning Point / Talking Therapies: 0300 555 0456
- Welfare Rights: 0115 9151 355
- Wellness in Mind: 0800 561 0073

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