

Fact 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

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

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 Nottinghamshire

Drop-in Advice & Information Sessions

- Face to face support with a Carers Hub support worker
- Various 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 well-earned break

Access to 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

Connect with us:



CTEastMidlands



@CarersTrustEM

Funded by:



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

Useful Numbers:

- Adult Services: 0300 500 80 80
- Age UK: 0115 8440 011
- Age UK Connect Mansfield/Ashfield: 01623 488 217
- Alzheimer's Society: 0115 9343 800
- Autism East Midlands: 01909 506 678
- Carers Direct: 0300 123 1053
- Carers Trust Home Care: 0115 9628 920
- Children's Services: 0300 500 80 80
- Cinema Card: www.ceacard.co.uk 01244 526 016
- Connect NCHA / Bassetlaw: 0115 8443 541
- Connect Metropolitan / Broxtowe/Gedling/Rushcliffe: 0115 9395 406
- Disability Direct: 0115 9785 095
- DWP: 0800 917 22 22
- Enterprise Foods / meals at home: 01623 490 015
- Healthy Housing: 0115 9853 009
- Insight / Talking Therapies: 0300 555 5582
- Inspire Libraries: 01623 664 943
- Let's Talk Wellbeing: 0115 9560 888
- Marie Curie Helper Service: 0800 304 7401
- Nottingham County Council: 0300 500 80 80
- Pathways / Palliative & End of Life Support Service: 0115 8248 824
- 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
- Self Help Nottinghamshire: 0115 9111 662
- Stroke Association: 0303 3033 100
- Telecare / Assistive Technology: 0300 500 80 80
- Turning Point / Talking Therapies: 0300 555 0456
- Welfare Rights: 0300 500 80 80

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County Council**

