

Fact sheet

Carers Hub Services

A confidential and independent support service available for carers of all ages, accessible via our Helpdesk on **0115 824 8824** or via email on **hub@carerstrustem.org**.



The Nottinghamshire Carers Hub can offer:

Information, Advice and Guidance

- Signposting to specialist organisations
- Advice on benefits, other support groups

121 Telephone Support

- Listening and emotional support
- Coping mechanisms during stressful times

Carer Support Groups and Drop-ins

- A chance to meet other Carers via regular groups
- Activities and outings
- Guest speakers
- Face to face support at one of our drop-in sessions

Access our Gym Memberships (accessible only to county carers)

- Free weekly sessions for Carers
- Access to all facilities
- Choose a day to attend and book 3 months in advance

Carers Assessment

- Assistance to access a Carers Assessments

Respite Break for Carers

- Respite services for the 'cared for' allowing the Carer to have a well-earned break

Counselling Services

- Assistance to access counselling services

Carers Grants

- Assistance to access Carer Grants

Connect with us:



CTEastMidlands



@CarersTrustEM

Funded by:



Nottingham
City Council



Nottinghamshire
County Council

CarerSmart Discount Card

- Benefits scheme available to all carers - <https://www.carersmart.org/>
- 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



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