



Call us: **0115 824 8824**
Email us: hub@carerstrustem.org
Connect with us: [CTEastMidlands](https://www.facebook.com/CTEastMidlands)
 [@CarersTrustEM](https://twitter.com/CarersTrustEM)
Visit our website: www.carerstrustem.org/hub

Free access to support and services for
Carers across Nottingham City and Nottinghamshire



We can help you feel:

- ✓ Better informed
- ✓ More in control
- ✓ More confident
- ✓ Supported
- ✓ Less isolated

We are registered with the Care Quality Commission – the independent regulator of health and social care in England.

Advice
Peer support
Carer breaks
Training
Discounts
Grants
Information

If you require this information in an alternative format, please let us know.

Are you – or is someone you know –
providing much-needed care for a
loved one?

There is free, personalised support
waiting for you to make things easier.

Find out more: call the **Nottinghamshire Carers Hub**
0115 824 8824

Are you a Carer?

You may not see yourself as one, but if you are supporting a relative or friend of any age who fits one or more of the descriptions below, then you are a Carer.

They:

- are elderly and frail
- are physically disabled
- have a learning disability
- have mental health issues
- have a history of substance misuse
- have a serious health condition

Did you know that there is a range of support available to you, which will help you look after yourself as well as the loved one you care for?

How can we help you?

Carers Trust East Midlands provides a range of support and services via the Nottinghamshire Carers Hub, which is funded by Nottinghamshire County Council, Nottingham City Council and the local NHS.

By contacting our Helpdesk on **0115 824 8824**, you can speak to an experienced support worker who will provide a personalised service that meets your individual needs.

What kind of support and services do we provide?

The Nottinghamshire Carers Hub can offer:

- Information, advice and guidance
- Signposting to other organisations
- Access to Carer support groups
- Free access to local leisure, health and well-being facilities
- Access to Carer breaks
- Assistance to access Counselling services
- Free training and caring support
- 'CarerSmart' benefits and discounts
- Access to Carer Assessments
- Access to Carer grants
- Peer support

