

If you provide support to someone who could not manage without your help, you are a carer. This could be caring for a relative, partner or friend who is ill, frail, disabled or is affected by mental ill-health or substance misuse.

Carers Support Centre is a registered charity providing a range of practical services. In addition, we work strategically with many partners to improve the support and services that carers receive. This includes working with employers, schools, GP practices, hospitals and health and social care professionals.

Our services

CarersLine

A confidential telephone support line providing information and advice on benefits and finance, getting a break, and accessing health and social care services.

Carers Emergency Card

If a carer has an accident or is taken seriously ill, carrying this card will ensure the person they care for continues to receive the support they need.



Carers Assessments

Help with getting and completing an assessment. This allows carers to get help and support for themselves and the person they care for. Carers can contact CarersLine or ask for an assessment through their GP practice.

One-to-one support

Advice and information. Help with filling in forms and applying for benefits such as Carers Allowance. Help with communicating with health and social care professionals.

Carers support groups

A safe, confidential space to meet with other carers to share information and give support to each other.

Learning difficulties carer support

Specialist information, workshops and one-to-one support for carers who support an adult with a learning difficulty.

Parent Carers

Supporting parent carers in Bristol with a child under 18 who has disabilities/additional needs.

Training

Courses to help carers cope on a day to day basis. We also give advice and training on making organisations more 'carer aware'.

Breaks for Carers

A regular sitter keeps the looked-after person company, so that their carer can take a break.

Hospital support

Information and support for carers in hospital, and help with discharge planning.

Carer involvement

Support for carers to get their voices heard, so they can influence health and social care provision.

Activity groups

Social activity groups; such as 'pie & a pint', craft and supper clubs.

Young Carers

Supporting children under 18 years old, including individual and family support, activities, groups and outings.

Young Adult Carers

Supporting young adults aged 18 -25, including peer support, training and activities.

Carers News magazine

Three editions per year covering all aspects of caring.

Carers Holidays

Providing affordable breaks for carers. www.carersholidays.org.uk



If you care,
we care.

Some carers' stories

"When my partner first became ill I went to see my GP because I was having problems sleeping. My GP referred me to Carers Support Centre. I must confess to feeling rather nervous on that first contact, although I found that having someone there to talk through the more difficult moments was a lifeline. The support and advice has always been practical and realistic."

"Being involved with Carers Support Centre helped me to recognise and value myself as a carer. They helped me to see the important role I play in society; they gave me confidence to not only be my son's carer, but to be a person in my own right."

"I always worry about my dad. I can't talk about it with my friends at school because they don't really understand. When I try to talk to people like doctors or social workers some of them don't really listen to me because they think I am too young. But at the young carers service you can voice your opinion and people actually care what you think."

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Carers Support Centre
Bristol & South Gloucestershire

CarersLine: 0117 965 2200

Email: carersline@carerssupportcentre.org.uk

CarersLine opening times:

Mon - Thurs 10am - 1pm and 2pm - 4pm

Fri 10am - 1pm

An answerphone operates outside these hours.

Admin enquiries: 0117 939 2562

Fax: 0117 965 5847

Email: info@carerssupportcentre.org.uk

Carers Support Centre
The Vassall Centre, Gill Avenue, Fishponds,
Bristol BS16 2QQ

www.carerssupportcentre.org.uk

www.carersholidays.org.uk



You can also follow us on Twitter and Facebook.
See our website for links.

This leaflet is available in Easy Read.

A gift for future carers

Would you like to help us improve services for carers in the future? By leaving a gift to Carers Support Centre in your will you can help us to help more carers.



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Do you look after someone?

Help you can get from
Carers Support Centre



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