

**If you care,
we care.**



**Carers Support Centre
Bristol & South Gloucestershire**



Do you look after someone?

Help you can get from Carers Support Centre



This is an EasyRead leaflet about support for carers in Bristol and South Gloucestershire.
March 2017



What is a carer?

A carer is someone who supports a member of their family or a friend who could not manage without that help.



That person might need help for lots of different reasons. They could have a disability, be old or ill.



Who are we?

Carers Support Centre is a charity run for carers.

We make life better for carers and make sure they know their rights.



Our services are for carers living in Bristol and South Gloucestershire.

**Bristol and South
Gloucestershire**

Our services



CarersLine

Call our carers telephone line or email us for information, advice and support.



Carers Emergency Card

If you have an accident or suddenly get ill having an emergency card on you will mean the person you care for gets help quickly.



Carers Assessments

Help with getting an assessment. This allows carers to get help and support for themselves and the person they care for from social services.



Carers News

A magazine with helpful information and stories.



One to One Support

We can meet with you to help sort out problems, give advice and help. We can also come to your house or meet at your doctors surgery.



Carers Support Groups

Groups of carers who get together to share information and support.



Learning difficulties carer support

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



Social Groups

Giving you a break from caring and a chance to do something different.



Carers being included

Helping carers have a say about services in their area.



Support for parent carers

Helping carers who look after a child who has disabilities.



Training

We run courses and workshops for carers, such as how to look after yourself.



Sitting and companionship

Providing a companion for the person looked after, so their carer can take a regular break



Hospital support

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



Carers in paid employment

Helping carers to get training or a job. Talking to employers about how to help carers to keep their jobs.



Young Carers 8-18

Supporting young carers under 18.



Young Adult Carers

Supporting young adults aged 18-25.

More Information



CarersLine:
0117 965 2200



Email:
carersline@carerssupportcentre.org.uk



Website:
www.carerssupportcentre.org.uk



Credits

It has been checked for accessibility by the Making It Easier Group of adults with learning disabilities.

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