



Who cares for the Carers? We do.

You can refer yourself or another person to Somerset Carers, just contact our friendly team.

If you regularly look after someone in an unpaid caring capacity, this may be a family member or friend, **Somerset Carers** can support you with advice and guidance.

Caring for another person is very rewarding, but can be overwhelming and lonely at times.

Somerset Carers can help with:

- Linking you to groups & events in your area
- Finding information that will help you and the person you are caring for, tailored to you
- Guiding you through financial support you may be eligible for & assisting you with applications

0800 31 68 600

carers@somersetccc.org.uk

www.somersetcarers.org



**somerset
carers**
part of CCS

Am I a Carer?

Some people may not see themselves as a carer because they either don't like the label or because they are **'just'** looking after their partner, child, parent or friend.

Whether or not you are claiming carers allowance we are here to support you at **any** and **every** stage of your caring experience.

Support isn't intervention. It's a friendly ear, finding the right services for you before you hit crisis, being prepared.

By reaching out to us you are linking in with a specialist network that is there for **you** when **you** need it, whatever the issue.

**Please call 0800 31 68 600
to find out more.**

CCS manage Somerset Carers in partnership with:



CCS
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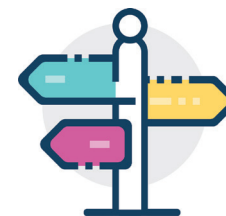


NHS
Somerset
NHS Foundation Trust

SPARK
SOMERSET
INSPIRING COMMUNITIES

NHS
Somerset
Clinical Commissioning Group

Statistics and information correct up to 24th June 2021



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Since Launching, Somerset Carers Service has....



Advice Line

You can contact the Advice Line to get support and advice around caring. Call:

0800 31 68 600

Monday to Thursday: 9am - 5pm
Friday: 9am - 4pm

We also offer a Talk and Support service where Somerset Carers volunteers chat with you by phone on an agreed contact basis, to offer a sympathetic ear in your caring role.

Please call the above number to find out more.

www.somersetcarers.org

Find the right support

How we can help you:

- Dedicated Carers advice line
- Team of CCS Village Agents
- Register for our Talk and Support telephone service
- Sign up to our Carers newsletter
- Downloadable advice and fact sheets
- Emotional support
- Training

0800 31 68 600

Online, phone & in person

- Find home help
- Signposting to Carers groups
- Live Chat on our website to an agent
- Carers Forum - a private place to chat to other carers online to share experience and moral support
- Find respite options or help with food
- Access an online directory of local and national support services with our **Carers Hub** on the website.

Text 'Carer' to 78070

Health professionals or organisations call 01823 331 222