

Carer Support

You are a carer if you help look after someone. This can be a family member, friend or neighbour. They would not be able to manage without your help. You are not paid for helping. Being a carer can be lonely and can affect your health. It is important you look after yourself. This leaflet gives details on services that can help you.

If you are a carer there are support services that can help. You can call them on the below numbers.

Carer Support

We give support and advice to carers of any age living in Bristol and South Gloucestershire.

0117 965 2200

<https://www.carersbsg.org.uk/>



Carer Needs Assessment

Carer Support can also help you arrange a carer needs assessment. This assessment is to check what support you need as a carer.

Citizen Advice

They give advice to help people solve problems. For example, if you're struggling with money, have issues with a company, or need help with benefits. Anyone can use Citizen Advice, and it is free.

0808 278 7947

<https://www.southgloscab.org.uk/>

Age UK

They give advice for over 50s. This includes benefit checks and support if you feel lonely. They can also offer help finding local services to support living at home.

01454 411707

<https://www.ageuk.org.uk/southgloucestershire/>



Carers UK

They here for unpaid carers with expert advice and support They also campaign to make life better for carers. Online only.

<https://www.carersuk.org/>



Social Prescribing

Social prescribing is talking to someone who is not a doctor or a nurse about problems that are affecting your daily life. Problems that may be affecting your daily life could be:

- Money
- Housing
- Loneliness

A social prescriber is a person who listens to what is important to you. They can put you in contact with the right support. This can be different groups or services. It is free.

0117 403 4238

<https://southernbrooks.org.uk/social-prescribing-self-referral-form/>

Warm and Well

When you care for someone, it is important you both live in a warm and safe home. Warm and well can help with energy advice, and how you can reduce your energy bill. They may be able to come to your home.

0800 500 3076

<https://warmandwell.co.uk/>

WorkWell West

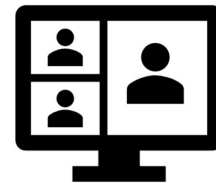
If the stress of caring and / or your own health is impacting you at work, WorkWell West can help you to:

- stay in work
- find work
- return to work

It is free, tailored to you and does not affect benefits.

0117 922 3623

<https://www.workwellwest.org/>



Finally

We hope you have found this information helpful. Please reach out to your GP practice if you are really struggling.