**Information for Carers**

**Am I a Carer?**

A Carer looks after a family member, friend, partner, or neighbour who needs support due to illness, disability, or old age and who could not manage without this support. Carers may or may not receive Carer’s Allowance or other benefits. Carers may be coordinating professional paid carers as part of their role. You do not have to live with the person you care for to be a Carer. You can be a Young Carer under the age of 18.

**Where do I go for support?**

It is the statutory duty of the council where the person you care for lives to assess their care and support needs and to assess *your* needs as a Carer.

So, if you live in North Somerset, but care for someone living in Bristol, Bristol City Council would be responsible for assessing the person’s support needs and for offering you a Carer’s Assessment.

**Local Support for Carers**

* **North Somerset Council**

via Care Connect 01275 888 801 or online form

[How to request a carer's assessment | North Somerset Council](https://n-somerset.gov.uk/my-services/adult-social-care-health/support-carers/how-request-carers-assessment)

[Support for carers | North Somerset Council](https://n-somerset.gov.uk/my-services/adult-social-care-support/support-carers)

* **Alliance** **Homes**

03000 120 120 option 5

provide Adult and Young Carer support services in North Somerset

(you do not need to be a tenant in an Alliance property)

[www.alliancehomes.org.uk/nscarerssupport](http://www.alliancehomes.org.uk/nscarerssupport)

* Wellspring Counselling, Nailsea – have run occasional Carer Workshops

[Mental wellbeing courses and workshops](https://wellspringcounselling.org.uk/counselling-services/mental-wellbeing-courses-and-workshops/)

* Second Step - offer a Carers Support Group at Weston Museum

[North Somerset Wellbeing | Second Step | A Leading Mental Health Charity](https://www.second-step.co.uk/wellbeing-colleges/north-somerset-wellbeing/)

* Nailsea and Backwell Support Group for Carers

First Weds of the month, 2pm at WI Hall, Backwell, Tel: 01275 463215

* Alzheimer’s Society North Somerset - support groups for those caring for people living with a dementia
* [Dementia Support Service - North Somerset | Alzheimer's Society](https://www.alzheimers.org.uk/support-services/North%20Somerset%20Local%20Services/Dementia%20Support%20Service%20-%20North%20Somerset/regional)

Bristol and South Gloucestershire:

* **Carers Support Centre** provide support, information and advice to Adult and Young Carers living in Bristol and South Gloucestershire

[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk) or Carers Line 0117 965 2200

* **Bristol Black Carers** provide support and assistance for Caribbean, African and Asian carers in Bristol

[www.bristolblackcarers.org.uk](http://www.bristolblackcarers.org.uk) 0117 379 0084

**Am I entitled to financial support?**

Find out about benefits, grants, paying for social care, managing your working life

* Nailsea Disability Initiative (NDI) – very local support with benefits applications/appeals

email: team@nailseadisability.org or 07411 042961

* [Support and benefits for carers - Social care and support guide - NHS](https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/)
* [Carer's Allowance: How it works - GOV.UK](https://www.gov.uk/carers-allowance)
* [Money, work, benefits and social care - Social care and support guide - NHS](https://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/)
* [Grants & Financial Support for Carers| Carers Trust](https://carers.org/grants-and-discounts/introduction)
* [Carer's leave - Acas](https://www.acas.org.uk/carers-leave)

**National Resources:**

* **Carers UK Helpline 0808 808 7777**

[Help and advice | Carers UK](https://www.carersuk.org/help-and-advice/)

* **The Carents Room** for people supporting elderly parents

[Help for Adults Caring for Elderly Parents | Carents](https://carents.co.uk/)

* **Young Carers**

[Young Carers - Help & Support | Carers Trust](https://carers.org/getting-support-if-you-are-a-young-carer-or-young-adult-carer/getting-support-if-you-are-a-young-carer-or-young-adult-carer?gad_source=1&gclid=EAIaIQobChMI2fHAkreEjAMVkolQBh0FcyQDEAAYASAAEgINDPD_BwE)

**The NHS website** has information about carers and caring:

* [A guide to care and support](https://www.nhs.uk/conditions/social-care-and-support-guide/introduction-to-care-and-support/)
* [Caring for someone](https://www.nhs.uk/conditions/social-care-and-support-guide/practical-tips-if-you-care-for-someone/)
* [Taking a break](https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/carer-breaks-and-respite-care/)

Local Health information:

* [Homepage - BNSSG Healthier Together](https://bnssghealthiertogether.org.uk/)

Hospital Discharge pathways:

[Home First: Your pathway home - BNSSG Healthier Together](https://bnssghealthiertogether.org.uk/your-health/home-first/your-pathway-home/)