

Call us: **0115 824 8824**

Email us: **hub@carerstrustem.org**

Connect with us: **f CTEastMidlands**

@CarersTrustEM

Visit our website: **www.carerstrustem.org/hub**



funded by



**Free access to support and services for
Carers in Nottinghamshire**



**Are you – or is someone you know –
providing much-needed care for a
loved one?**

Advice
Peer support
Carer breaks
Training
Discounts
Grants
Information

**There is free, personalised support
waiting for you to make things easier.**

Find out more: call the **Nottinghamshire Carers Hub**
0115 824 8824 Lines are open Monday to Friday, 9am - 5pm

Are you a Carer?

You may not see yourself as one, but if you are supporting a relative or friend of any age who fits one or more of the descriptions below, then you are a Carer.

They:

- are elderly and frail
- are physically disabled
- have a learning disability
- have mental health issues
- have a history of substance misuse
- have a serious health condition

Did you know that there is a range of support available to you, which will help you look after yourself as well as the loved one you care for?

How can we help you?

Funded by Nottinghamshire County Council and the local NHS, Carers Trust East Midlands provides a range of support and services which can be accessed via the Nottinghamshire Carers Hub.

By contacting our Helpdesk on **0115 824 8824**, you can speak to an experienced support worker who will provide a personalised service that meets your individual needs.

What kind of support and services do we provide?

The Nottinghamshire Carers Hub can offer:

- Information, advice and guidance
- Signposting to other organisations
- Short break accommodation
- Access to Carers support groups
- Free gym memberships
- Access to Carers breaks
- Free training and caring support
- 'Carers Smart' benefits and discounts
- Carers grants
- Peer support

