

Are you a young carer?

If you're a young carer/young adult carer (aged 5-18), the Young Carers Project can support you

Find out more at youngcarerscoventry.co.uk

Young Carers Project 024 7663 2972

Penny Collard Centre, Fleet Street, Coventry, CV1 3AY



Do you know about your rights at work as a carer?

Find out about flexible working, time off in emergencies and support at work - talk to your employer www.coventry.gov.uk/workingcarers

Free information and advice in Coventry

For the monthly Carers' Bulletin to find out about what's going on in the city for carers: www.coventry.gov.uk/carersbulletin

● **Alzheimer's Society Coventry** supporting people with dementia and their families.
alzheimers.org.uk
Call Dementia Connect on: 0333 159 3456

● **Age UK Coventry** supporting people over 50 to enjoy later life.
ageukcoventry.org.uk
7 Warwick Row, Coventry CV1 1EX
Call 024 7623 1999

● **Carers Trust Heart of England** a 'one-stop shop' for carers of all ages.
carerstrusthofe.org.uk
Call 024 7663 2972

● **Macmillan Cancer Support Information Centre—UHCW**
macmillan.org.uk
Call 024 7696 6052

● **SEND Information, Advice and Support Service** supporting families of young people with disabilities and special educational needs.
www.coventry.gov.uk/IASS
Call 024 7669 4307

Non-emergency medical help
call NHS 111

Mental Health Matters
urgent 24 hr advice
0800 616171 from a landline
or 0300 330 5487 from a mobile

Social Care
Emergency Duty Team
024 7683 2222

For further information about health and social care, benefits, housing, legal and finances, getting help from education, visit

www.coventry.gov.uk/healthandsocialcare

www.coventry.gov.uk/sendlocaloffer



Support For Carers in Coventry



Coventry City Council

If you're one of 32,000 people in Coventry looking after a friend or family member who cannot manage without support, you are a carer

Don't wait until you need help.

Am I a carer?

As a carer you may support someone emotionally, with personal care or household tasks, to get out and about, attend medical appointments, take medication or manage their finances.

Your role is important and it is likely that you will need information, advice or support at some point, even if you are managing perfectly well at the moment.

Caring for someone can be very rewarding but difficult and stressful at times. This can affect your health and wellbeing and impact on your life in ways you may not have thought of.

Look after yourself

It is important for you as a carer to stay fit and well, and make time for yourself. **Top tips:**

- tell your GP you are a carer – get free health checks, flu jabs and flexibility with appointments
- remember to eat well and regularly
- don't feel guilty for having a break – make time for yourself and get help if you need it
- register with Carers Trust Heart of England – get a Passport to Leisure and Learning for discounts on gym membership, leisure activities, courses and library resources
- join a carers' group for mutual support
- check out the Adult Social Care Community Directory online cid.coventry.gov.uk
- find out more about equipment and technology by visiting www.coventry.gov.uk/equipment or visiting the opal Demonstration Centre



Find out
what support
is available
NOW!



Learn new skills

You can get **FREE TRAINING** to help you in your caring role. Every carer's needs are different so there are awareness sessions, short courses, 1:1 support at home, online training, or useful resources.

Topics include:

- Moving and handling
- dementia awareness
- stress management
- medication
- continence
- skin care
- ADHD and autism
- first aid
- VIP course
- managing behaviours
- using equipment
- technology and much more...

Visit carerstrusthfe.org.uk or call
Carers Trust Heart of England
024 7663 2972.

**CARERS
TRUST**
Heart of England

Have a carer's assessment

A carer's assessment gives you a chance to talk about your situation in more detail and focus on what is important to you. All carers are entitled to an assessment of their needs.

- your assessment can be combined with an assessment of the person you care for – your needs are considered together
- you can have a separate assessment focussing on your own needs
- complete your own online carers' self-assessment at cid.coventry.gov.uk

To request an assessment:

Talk to your social worker or care co-ordinator if you have one.
If not, contact

Adult Social Care Direct
024 7683 3003 or
ASCDirect@coventry.gov.uk

Or if you are a Parent Carer or a Young Carer contact
Children's Social Care
024 7678 8555.

**Register with
the CRESS!**

The Carers Response Emergency Support Service (CRESS) can provide you with support in the event of an emergency and will help you build an emergency plan.

www.carerstrusthfe.org.uk
Call 024 7610 1040