

How long will these breaks be available for?

The Department of Health has given us money to offer different breaks to different carers until March 2011. We will look at how successful these breaks are and use the lessons learned to improve services for all in the future

How can I find out more?

For more information about the breaks available:

■ See our website:
www.nottinghamshire.gov.uk/abreakfromcaring

■ Contact the Carers Unit:

Tel: 0115 878 3565

Post: Carers Unit, West Bridgford House, Loughborough Road, West Bridgford, Nottingham. NG2 7UN



Nottinghamshire
County Council

A break from caring



Contact the Customer Service Centre if you need the information in a different language or format:

Customer Service Centre, PO Box 9320,
Nottingham. NG15 5BL

phone **08449 80 80 80**

Calls cost 3p/min from BT landlines. Mobile costs may vary.

e-mail enquiries@nottsc.gov.uk

website www.nottinghamshire.gov.uk



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Giving carers time off from their caring responsibilities

February 2010

Are you a carer?

Do you help to support an adult so they can stay living at home?

If YES then you are a carer.

- You could be a friend, relative or neighbour.
- You don't have to live with the person you help to look after.
- You don't have to be the only person who gives this support.
- The person you support could be elderly, frail, have a disability or long-term illness, have mental health needs or problems mis-using drugs or alcohol.

Do you ever feel that you need a break from caring?

Being a carer is a huge responsibility and can be exhausting. It is important that carers have time for themselves to recharge their batteries. A break from caring can help you be a better carer.

How can we help carers?

As well as our existing carers' services we are running a pilot scheme to offer extra breaks to carers.

What breaks are available?

Breaks available	Area covered	Break provider
Joint and separate breaks Carers are able to have a break on their own or get support to have a break with the person they care for.	Mansfield and Ashfield	Age Concern
	Newark & Sherwood	Care and Comfort Befriending and Carers Support service
	Carers of people with a brain injury across Nottinghamshire	Headway
Help for carers who look after people with dementia	Newark & Sherwood and Bassetlaw	North Notts Crossroads
Crisis prevention Unplanned breaks due to an emergency or to prevent a crisis.	Nottinghamshire (except Nottingham City)	North Notts Crossroads and East Midlands Crossroads
Carers in Black and minority ethnic communities	Rushcliffe Community Voluntary Service will be encouraging Black and minority ethnic carers in Broxtowe, Gedling and Rushcliffe to take up carers breaks	
Carers in travelling communities	Newark & Sherwood Community and Voluntary Service will be encouraging carers in travelling communities to take up carers breaks	

How can you get a break?

- The person you care for must **live in Nottinghamshire** (except Nottingham City).
- You need to have a **carers assessment**.

To find out more about getting a break contact our Customer Service Centre:

Tel: 08449 80 80 80 **Email: enquiries@nottsc.gov.uk** **Minicom: 01623 434 993**