

NottsHelpYourself

www.nottshelpyourself.org.uk

John Stronach

Commissioning Officer



**Nottinghamshire
County Council**

Accessing The Information

- You can access the site independently.
- You can call the Customer Contact Centre on 0300 500 80 80 and the advisors can post the information out.
- Go to your local library.
- Advisors within Voluntary organisations such as Carers Hub.



Notts Help Yourself

- The NottsHelpYourself site is a partnership between health, social care and the voluntary sector to bring information and advice together in one central location – so people can find the information they need easily.
- You can:
 - Find out what is available for people to help improve their health and well-being
 - Access information on housing, carers support, transport and self-help services in the county (and much more)
 - Search by location or post code, or type of support
 - Search for local groups, activities and support services
 - Contact providers to arrange your own support / get more specific information on what is provided.











Nottinghamshire Help Yourself

Home Search What's On A-Z List About Us Contact us Register / Sign In

The Nottinghamshire Help Yourself site is a partnership between health, social care and the voluntary sector to bring information and advice together in one central repository – so people can find the information they need easily. Use the options below to start your search.

My List 12

Find services by Subject

 Children & Families	 Care & Support	 Health & Wellbeing	 Work & Money
 Things To Do	 Advice & Support	 Do you provide a service?	 Local Offer

Find services by Age

0-4
5-11
12-16
18-26
29-40
50-64
65+

Find services by Supported Condition

Autism	Mental Health	Hearing Impairment	Learning Difficulties
Multi-Sensory Impairment	Physical Disability	Communication Difficulties	Visual Impairment

Find services by District

Baseston

Mansfield

Newark and Sherwood


Ashfield

Erwtown

Gedling

City of Nottingham

Rushcliffe



Find Us on Facebook

Facebook is monitored during office hours Monday - Friday. However if your query is urgent, or involves personal details, we advise you to contact our Ask Us team on 0115 581 0506 or email us. Services@ncc.gov.uk

Follow Us @NottsCC


Find Us with Car's Feet at West Bridgford Library Sat, 9 AM, 11:00am - 2:00pm, 12 per child. Tel: 0115 581 0506 <http://ncc.gov.uk>

News


Nottinghamshire Archives Re-Opening

Nottinghamshire Archives Re-Opening


Nottinghamshire Archives Re-Opening



Nottinghamshire County Council



Newark and Sherwood Council



Rushcliffe and Ashfield Council

<p>Find Service by Subject</p> <ul style="list-style-type: none"> Children & Families Care & Support Health & Wellbeing Multi-Sensory Impairment Things To Do Advice & Support Do you provide a service? Local Offer 	<p>Find Service by Age</p> <ul style="list-style-type: none"> 0-4 5-11 12-16 18-26 29-40 50-64 65+ 	<p>Find Service by Supported Condition</p> <ul style="list-style-type: none"> Autism Mental Health Hearing Impairment Learning Difficulties Multi-Sensory Impairment Physical Disability Communication Difficulties Visual Impairment 	<p>Find Service by District</p> <ul style="list-style-type: none"> Baseston Mansfield Newark and Sherwood Erwtown Gedling City of Nottingham Rushcliffe
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Nottinghamshire Help Yourself

My List 0





Home Search ▾ What's On A to Z List About Us Contact Us Feedback

Sign In / Register

The Nottinghamshire Help Yourself site is a partnership between health, the voluntary sector and Nottinghamshire County Council to bring information and advice together in one central place - so people can find the information they need easily.

Keyword(s) Place name or postcode

Find services by Subject

 Looking after someone	 Childcare	 Health and self care	 Help in your home and community	 Housing needs
 Financial and legal advice	 Education, training and work	 Things to do in the community	 SEND Local Offer	 Do you provide a service?



Nottinghamshire Help Yourself

My List 0

Home Search What's On A to Z List About Us Contact Us Feedback Sign In / Register

Home / Directory Categories / Looking after someone

Search Directory Categories by Keyword(s) and Place name or postcode Search



Looking after someone

What's missing?

View all records in this category

Narrow by category

- Carers information
- Carers support services
- Caring, education and employment
- Parenting classes
- Respite care
- Your caring role



A carer:

- could be a relative, friend or neighbour
- doesn't have to live with the person
- doesn't have to be the only person that provides care
- may be caring for more than one person
- may care for a person who is a frail older person, has a long-term physical illness or disability, a learning disability, be deaf or visually impaired or experience mental health or substance misuse problems
- could provide support such as help with practical tasks such as washing, dressing, taking medicines, shopping or laundry, emotional support, help to manage difficult behaviour, 'keeping an eye' on someone to make sure they are safe, keeping someone company or helping them when they go out

Nottinghamshire County Council also provides support to:

- young adult carers, aged between 18 and 24
- young carers (children and young people under the age of 25)

Personal budgets for carers

A personal budget is a one-off payment of up to £200 to help carers look after their own health and wellbeing. For example:

- funding towards the cost of holidays, weekends away, days out, spa days etc
- transport for a break away or visiting family
- funding for a hobby e.g. fishing, golf, cooking, exercise equipment
- college courses
- driving lessons
- home improvements, gardening, domestic help

Downloads

Carers Information Pack

External Links

Carers Assessment

Nottinghamshire Carers Hub

Search by and

Search Results (84)

Category

Carers support services

Filter by

Offering services to:

- 0-4 (2)
- 5-11 (3)
- 12-15 (3)
- 16-25 (64)
- 26-49 (62)

[More...](#)

Supporting people with:

- Autism (4)
- Communication difficulties (2)
- Deaf / hearing impairment (2)
- End of life (1)
- Learning difficulties (5)

[More...](#)

District covered:

- Ashfield (51)
- Bassetlaw
- Broxtowe (46)
- Gedling (41)
- Mansfield (47)
- National (7)
- Newark and Sherwood (46)
- Rushcliffe (41)

Postal location:

- NG5 (7)

Related information

[Online Assessments for Carers](#)

Sorted by: **A to Z**

[+ Add first 10 to My List](#)

[Show results on map](#)

Acer Court Butterflies (support group), Nuthall

For families of relatives with dementia, who are living at the Acer Court Care Home in Nuthall. A professionally-facilitated support group. Not currently open to carers and families outside of the Home. Meetings: 3rd Wednesday of each month (from August 2013), Acer Court Care Home,...



0115 977 7370: Tina Fell (Acer Court) any day 9.00am-5.00pm

[Remove from My List](#)

Adoption UK

Support for adoptive families, before, during and after adoption.

0844 848 7900 (10am-4pm, Mon-Fri, 5p per minute from landlines up to £1.50 for mobiles)

[Website](#)

[Remove from My List](#)

Adult Carers Support Service

Our Adult Carer Support services are there to empower unpaid carers. Our expert team provides a wide range of practical and emotional support enabling individuals to care for those they love whilst maintaining a life of their own. SUPPORTING UNPAID CARERS? You are an unpaid carer if you...

0115 824 8824

[Email](#)

[Website](#)

[Remove from My List](#)

Age UK Home Support Service



Nottinghamshire Help Yourself

My List 10

Home Search What's On A to Z List About Us Contact Us Feedback Sign In / Register

Home / Shortlist

Search by and

My List

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0115 824 8824

Email

Website

Remove from My List

Age UK Home Support Service

Do you need help at home? Age UK Nottingham and Nottinghamshire Home Support Service



Actions

- Email My List
- Print My List
- Show more details
- Clear My List
- Show results on map

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My List 10

Home Search What's On A to Z List About Us Contact Us Feedback

Sign In / Register

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lunch club



Place name or postcode

Search

Find services by Subject



Looking after someone



Childcare



Health and self care



Help in your home and community



Housing needs



Financial and legal advice



Education, training and work



Things to do in the community



SEND Local Offer



Do you provide a service?



Nottinghamshire County Council

Are you available to provide us with feedback on this site? Yes, I would like to provide feedback No, not right now

Accessibility

Listen Select Language Powered by Google Translate

Nottinghamshire Help Yourself

Home Search What's On A to Z List About Us Contact Us Feedback Sign In / Register

Home / Directory Categories / Directory Categories

lunch club Place name or postcode Directory Categories Search

Search Results (40)

Category

- Directory Categories (7)
- Childcare (1)
- Education, training and work (6)
- Health and self care (8)
- Help in your home and community (2)
- Housing needs (1)
- Special Educational Needs and Disability (SEND Local Offer) (26)
- Things to do in the community

Filter by

- Offering services to:
- 0-4 (6)
 - 5-11 (3)
 - 12-15 (1)
 - 16-25 (17)
 - 26-49 (17)
- More...

- Supporting people with:
- Physical disability (1)
 - Social, emotional and mental health Needs (1)

- District covered:
- Ashfield (13)

Sorted by: Best match

Add first 10 to My List

Show results on map

Rayton Spur Community Centre - Lunch Club

Wednesday 12pm-2.30pm
Debra Barnes 01909 732488

Add to My List

Age UK Notts - Lunch Club

Our friendly lunch club is a good opportunity to meet new people. We offer hot nutritious meals and a range of activities.
07872 839 631

Website Add to My List

Ruddington Thursday Lunch Club

This is a lunch club set up specifically for elderly people in the village of Ruddington who have difficulty cooking their own meals. This is a fairly small group and can only cater for small numbers due to there only being a few volunteers/helpers. Meetings...

0115 984 5666

Website Add to My List

Swallow Court Luncheon Club

Lunch club Wednesday 12noon-1.30pm

Find services by District

- Ashfield
- Broxtowe
- Mansfield
- Rushcliffe
- Bassetlaw
- Gedling
- Newark and Sherwood
- National




Additional Services



Find Us on Facebook 

Facebook is monitored during office hours Monday - Friday, however if your enquiry is serious, urgent or involves personal details, we advise you to contact the team on 0300 500 80 80 or email: enquiries@nottssc.gov.uk

Follow Us @NottsCC 

Who was @TrentBridge's leading run scorer in last year's T20 competition? Answers by 5pm on 12 May. Good luck! [2/2] <https://t.co/l8uxoBht8F>
Tue May 10 12:02:42 BST 2016

News

- New service for children with a disability or special educational needs
- New service for children with a disability or special educational needs
- Home Based Care and Support Services Tender

Back to top



Search for Equipment & Living Aids
Welcome to the product showroom which lists equipment and products to meet a wide variety of mobility and daily living needs. You can browse and search for products with an added option to buy direct from the retailers.
Search for a product
commode Search

Toilet/Personal Hygiene

Stairs/Handrails

Bathroom

Kitchen/Dining

Personal Safety/Telecare

Living Space

Bedroom

Helpful Aids/Medical

Mobility and Accessories



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Follow Us @NottsCC
Competition: To be in with a chance of winning a

News
New service for children with a disability or special

Back to top

All products

Find products

Sorted by: A - Z ▾

View as: Grid ▾

[+ Add all to My List](#)

All Categories ▾
[Search](#)

Filter by

Category

- Toilet/Personal Hygiene (83)
- Bathroom (150)
- Bedroom (24)
- Helpful Aids/Medical (7)
- Mobility and Accessories (5)

Price

- £0.01 - £9.99 (6)
- £10 - £24.99 (9)
- £25 - £49.99 (26)
- £50 - £99.99 (35)
- £100 - £149.99 (22)
- £150 - £199.99 (29)
- £200 - £299 (21)
- £300 - £399 (25)
- £400 - £499 (8)
- £500 - £999 (20)
- £1000 - £2000 (7)

Adaptable Shower Commode Chair - Att. Controlled



Shower commode chair that can be wheeled to the area of use or over the toilet and reduces the amount of lifting for carers where the commode is used in more than one room.

£280.00 [+ Add to My List](#)

Aidapt Essex Commode Chair



The Aidapt Essex Commode Chair is height adjustable and stackable for easy use and storage. With a tubular steel frame and vinyl welded padded upholstery, the chair provides comfort and sturdiness for users. The seat pad is detachable for a high standard of hygiene and the chair's...

£ [+ Add to My List](#)

Aidapt Kent Stacking Commode Chair



Aidapt Kent Stacking Commode Chair is suitable for use as a bedroom or bathroom commode. With a coated tubular steel frame and vinyl welded padded upholstery, the chair provides sturdiness and comfort for users. The seat is detachable for a high standard of hygiene and the...

£ [+ Add to My List](#)

Aidapt Linton Mobile Commode

Aidapt Norfolk Commode Chair

Aidapt Solo Skandia Raised Toilet Seat &

[Back to top](#)



Nottinghamshire Help Yourself

My List 10

Home **What's On** A to Z List About Us Contact Us Feedback Sign In / Register

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Search by and

Find services by Subject



Childcare



Education, training and work



Financial and legal advice



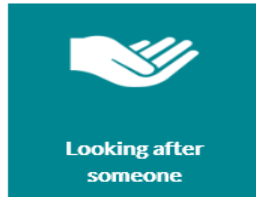
Health and self care



Help in your home and community



Housing needs



Looking after someone



SEND Local Offer



Things to do in the community



Do you provide a service?

Additional Services

Personal Assistant Network

Equipment & Living Aids

What's On

Looking for something to do? Want to know what's on in and around your local area?

We have all the answers you need. This section is packed with details on regular activities and one-off events. It will keep you and every member of your family entertained all week long!

Featured events

Nottinghamshire Carers Hub Carers Drop in sessions (Newark and Sherwood)

Nottinghamshire Carers Hub Carers Drop in sessions Newark LifeSpring Church Sherwood Drive New Ollerton Newark NG22 9PP 1-2-1 drop in sessions for carers offering advice, information and guidance. No need to book. Cared for welcome. Please contact Zena Cameron 07710 087648 zenacameron@carerstrustem.org

07710 087648



Central Stay and Play (Parent & Toddler Group)

For ages 0-5 years - older children are welcome to come along during school holidays. Find us on facebook!

07704036416



Reading Cafe - Arnold Library

The Reading Cafe will be every Wednesday 10 to 12noon in the bar at Arnold Leisure Centre while the library building is closed for refurbishment until summer 2015.

Search by date


May 2016						
Mo	Tu	We	Th	Fr	Sa	Su
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Today

See What's On

- Today
- Tomorrow
- Next 7 Days
- Next 30 Days

Accessibility

- Browsealoud read speaker and language translation technology 
- British Sign language translated navigational videos
- Somerset Symbols easy read symbols
- Increased font size options
- High Contrast background for easy read



Questions

Any questions re: the site



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