

Support for carers: Getting involved in co-production.



This easy read tells you about what co-production is, and how you can get involved.

What is co-production?

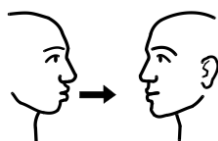


Co-production means people who use services, including carers, working with staff to help improve services they use.

Getting involved



Carers can get involved with planning and changing services, so the services work better for carers and people they care for.



Ways you can get involved include:

- Telling us about your experiences.



- Giving us feedback.



- Filling in surveys.

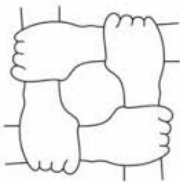


- Working with us to co-produce services and support.

Carers Space Notts



Carers Space Notts (CSN) is a network that brings carers together with professionals from health and social care.



It exists so that knowledge and experiences can be shared between carers and professionals.



If you want to learn more about CSN, you can [visit their website](#).

Co-production for carers



The Carers Hub has opportunities for carers to be involved in co-production.



To find out more about this you can get in touch with the Carers Hub.



You can [contact the Carers Hub online](#).



You can phone the Carers Hub on 0808 802 1777.



You can email the Carers Hub on carershubinfo@carersfederation.co.uk

Co-production for Young Carers



If you are a young carer and want to get involved with co-production, you can do this with Young Carers Notts and the Carers Association.

YOUNG CARERS NOTTS

To find out more information about things you can get involved in, contact Young Carers Notts.



You can [visit their website](#).



You can phone Young Carers Notts on 0115 824 8824, between Monday to Friday, 9am to 5pm.

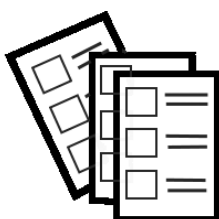


You can email Young Carers Notts at youngcarers@tuvida.org

More co-production opportunities in Nottinghamshire



If you want to find out more about co-production or get involved in new or ongoing co-production projects, please [visit our website page about co-production](#).



We have lots of other documents about for support for carers in [our easy read library](#).

Links in this document

Carers Space Notts website

carersspacenotts.com/

Carers Hub contact page

carershub.carersfederation.co.uk/contact/

Young Carers Notts

youngcarersnotts.co.uk/

Nottinghamshire County Council- co-production

nottinghamshire.gov.uk/care/adult-social-care/co-production

Nottinghamshire County Council easy read library

nottinghamshire.gov.uk/global-content/easy-read-library

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