Support for carers: Online support and other organisations

This easy read tells you about online support for carers, and other organisations that you can contact for help.

Please note that we are not responsible for information or support given by other organisations.

We are including them in this easy read as they may be useful to you.

Online support for carers

Online support can:

- Give you information about how to manage your caring role.

- Help you to find out about the condition the person you care for has.

- Help you to find support groups and forums.

Useful apps and websites

Jointly

Jointly is a mobile and online app that is created by carers, for carers.

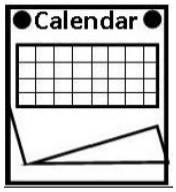
It is designed to make caring easier, less stressful and more organised.

It has:

- Group messaging.

- To do lists.

- Medication lists.



- Calendar

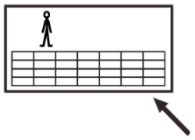
- More features.

NHS App

The NHS App gives you a simple and secure way to access a range of NHS services.

You can use it to:

- Order repeat prescriptions.



- Book and manage appointments.

- View your GP health record.

NHS

- Use NHS 111 online.

Carers Card UK

CARERS CARD UK

Carers Card UK is a national carer card and app.

The Carers Card:

- Includes your emergency contact details.

- Gives you discounts in lots of shops.

- Includes a wellbeing hub and carer circle tool.

The Carers Hub

Carers Hub Service

The Carers Hub is the main support service for carers in Nottingham and Nottinghamshire.

You can find out more about what they do by visiting their website.

We have another easy read document with information about the Carers Hub.

You can also phone them on 0808 802 1777.

You can text or What's App the Carers Hub on 07814678460

Your Notts Directory

Ask Lion was a website for people that live in Nottingham City.

Notts Help Yourself was a website for people who live in Nottinghamshire County.

These websites have come together and are now called Your Notts Directory.

This website brings together lots of care and support providers with information about activities, events, and groups.

You can:

- Find out what is available for people to improve their health and wellbeing.

- See information on housing, carers support, transport and self-help services.

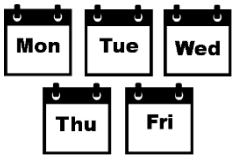
- Search by location, postcode or by type of support.

- Search for local groups, activities and support services.

For people who live in Nottingham City

Nottingham City Council

Phone: 0115 876 3330



You can phone from Monday to Friday, 9:00 am to 5:00 pm.

Visit Nottingham City Council's website.

Nottingham City Crisis Team

Phone: 0115 876 3330 or 0115 876 1000

For further support from Social Care for you or the person you care for, you can contact:

Nottingham City Council Health and Care Point

You can phone 0115 876 3330, between Monday to Friday, 9am to 5pm.

For people who live in Nottinghamshire County

Nottinghamshire County Council

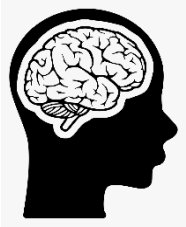
You can phone Nottinghamshire County Council on 0300 500 80 80.

You can phone Monday to Thursday: 8.30am to 5pm.
And on Friday: 8.30am to 4.30pm.

Visit Nottinghamshire County Council's website.

Nottinghamshire County Crisis Team

Phone 0300 500 80 80 or 0300 4564546.



Nottinghamshire Mental Health Crisis Line

Phone 0808 196 3779.

You can phone this number at any time.

Money advice, welfare and benefits

The NHS has support, benefits information, and advice for carers. You can see this information online.

CARERS TRUST

The Carers Trust has information about discounts and grants.

turn 2US

Turn2Us gives practical help to people who are struggling with money.

CARERS TRUST

General help and information

Carers Trust

Carers UK

Visit the website or phone 0808 808 7777.

Carers First

Nottinghamshire Parent Carer Forum

Age UK Nottingham & Nottinghamshire

Phone 0115 844 0011 or visit the website.

Age UK

Age UK help and advice for carers.

Phone 0800 678 1602 or visit the website.

Marie Curie

Information about end-of-life care.

Visit the website or phone 0800 090 2309.

Support for Young Carers

We have a separate easy read document about support for young carers in our easy read library.

Young Carers Notts helps young carers.

- Phone 0115 824 8824
  (9am-5pm, Monday to Friday)

- Email: youngcarers@tuvida.org

- Visit the website.

- WhatsApp 07860 957 660.

Barnardos also has support for young carers.

Support for work and legal rights

The government website has information about unpaid carers leave.

CARERS TRUST

The Carers Trust has information about support for working carers.

Help for specific health conditions

The following organisations have information and support for specific health conditions.

These organisations are not part of Nottinghamshire County Council or Nottingham City Council.

GOV.UK

We are not responsible for their information or support but are including them in this document as they may be useful to you.

Alzheimer's and dementia

Alzheimer's Society

You can visit the website.

You can phone 0333 150 3456

NHS- information on living with dementia

You can visit the NHS website.

If you are looking for advice about caring for someone with dementia, you can also access the Nottingham and Nottinghamshire Dementia Wellbeing service provided by the Alzheimer's Society.

Learning Disabilities

Mencap has advice and support about caring for adults with a learning disability.

The Carers Trust has information and support about caring for someone with a learning disability.

Mental Illness

Mind has information and support about caring for someone with a mental illness and coping whilst caring for someone else.

Bassetlaw Carer Support Group is for carers of adults with mental health needs in Bassetlaw. You can phone 01909 498360 or email bcsg@nottshc.nhs.uk

Samaritans: Phone 116 123 or visit the website for support around suicide and emotional support for anyone in distress.

The Carers Trust has information on caring for someone with a mental health condition and about caring affecting your mental health.

Cancer

Macmillan- visit the website or phone 0808 808 00 00 for information about caring for someone who has cancer.

Substance abuse and alcoholism

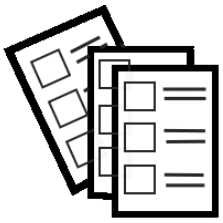
Hetty's gives help and support to families in Nottinghamshire that are affected by a loved one's alcohol or drug use.

The Carers Trust has information about caring for someone with alcohol or substance misuse/addiction.

Parkinsons

Parkinsons UK- Information about caring for someone with Parkinsons.

More information



We have lots of other documents about for support for carers in our easy read library.

You can also find the links and organisations in this document on the Nottinghamshire County Council website.

Links in this document

Jointly

jointlyapp.com/

NHS App

nhs.uk/nhs-app/

Carers Card UK

carerscarduk.co.uk/

Carers Hub

carershub.carersfederation.co.uk/

Your Notts Directory

yournottsdirectory.org.uk/

Nottingham City Council

nottinghamcity.gov.uk/

Nottinghamshire County Council

nottinghamshire.gov.uk/contact-and-complaints/contact-us/contact-us

NHS- Support and benefits for carers

nhs.uk/social-care-and-support/support-and-benefits-for-carers/

The Carers Trust- grants and discounts

carers.org/grants-and-discounts/introduction

Turn2Us

turn2us.org.uk/

Carers Trust

carers.org/

Carers UK

carersuk.org/help-and-advice/

Carers First

carersfirst.org.uk/

Nottinghamshire Parent Carer Forum

nottspcf.org/

Age UK Nottingham and Nottinghamshire

ageuk.org.uk/notts/

Age UK- help and advice for carers

ageuk.org.uk/information-advice/care/helping-a-loved-one/

Marie Curie

mariecurie.org.uk/

Nottinghamshire Easy Read Library

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

Young Carers Notts

youngcarersnotts.co.uk/

Barnardos- support for young carers

barnardos.org.uk/get-support/young-carers

Government website- unpaid carer's leave

gov.uk/carers-leave

Carers Trust- support for working carers

carers.org/support-for-working-carers/support-for-working-carers

Alzheimer's Society

alzheimers.org.uk/get-support

NHS- information on living with dementia

nhs.uk/conditions/dementia/living-with-dementia/

Mencap

mencap.org.uk/advice-and-support/social-care/support-carers-adults-learning-disability

Carers Trust- caring for someone with a learning disability

carers.org/caring-for-someone-with-a-specific-condition/caring-for-someone-with-a-learning-disability

Mind- caring for someone else

mind.org.uk/information-support/helping-someone-else/

Mind- coping whilst caring for someone else

mind.org.uk/information-support/helping-someone-else/carers-friends-family-coping-support/

Samaritans

samaritans.org/

Carers Trust- caring for someone with a mental health condition

carers.org/caring-for-someone-with-a-mental-health-problem/caring-for-someone-with-a-mental-health-problem

Macmillan- looking after someone with cancer

macmillan.org.uk/cancer-information-and-support/supporting-someone/looking-after-someone-with-cancer

Hetty's

hettys.org.uk/

Carers Trust- caring for someone-alcohol or substance misuse

carers.org/caring-for-someone-with-a-specific-condition/alcohol-substance-misuse-and-addiction

Parkinsons UK

parkinsons.org.uk/support/caring-for-someone

Nottinghamshire County Council easy read library

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

Nottinghamshire County Council- website links to support organisations

nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/carers-booklet

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