

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:



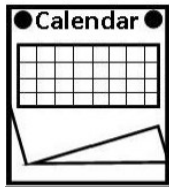
- Group messaging.



- To do lists.



- Medication lists.



- Calendar



- More features.



[NHS App](#)

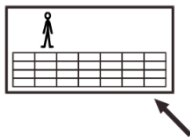
The NHS App gives you a simple and secure way to access a range of NHS services.



You can use it to:



- Order repeat prescriptions.



- Book and manage appointments.



- View your GP health record.



- Use NHS 111 online.

[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



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.

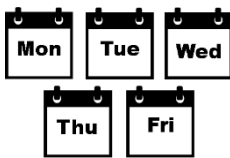
For people who live in Nottingham City



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.

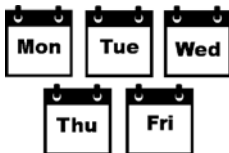
For people who live in Nottinghamshire County



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.

Connect



Connect Bassetlaw can help adults with problems such as housing, loneliness and money problems.



Visit the [website](#), phone 01623 675402 or email connectbassetlaw@frameworkha.org.



Age UK Nottingham & Nottinghamshire

Connect is free and can give support around physical and mental health, care needs, housing, finances, social interaction and engagement with community.



To get in touch with Age UK Nottingham and Nottinghamshire Connect, you can email

connect@ageuknotts.org.uk, phone 01623 488 217, or [visit the website](#).

Money advice, welfare and benefits



The NHS has support, benefits information, and advice for carers. [You can see this information online](#).



[The Carers Trust](#) has information about discounts and grants.



[Turn2Us](#) gives practical help to people who are struggling with money.

General help and information



[Carers Trust](#)



Carers UK

[Visit the website](#) or phone 0808 808 7777.

Carers First



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

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



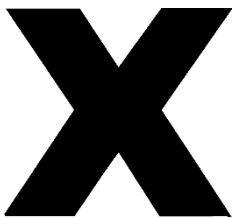
The government website has information about [unpaid carers leave](#).

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.



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.



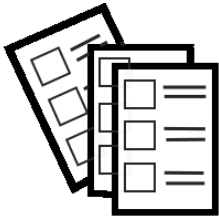
The Carers Trust has information about [caring for someone with alcohol or substance misuse/addiction](#).

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

Connect Bassetlaw

frameworkha.org/connect-bassetlaw/

Age UK Nottingham and Nottinghamshire Connect

ageuk.org.uk/notts/our-services/connect-community-based-help-2a7be63b-7a95-ec11-826d-00155d80c82a/

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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