

Support for Carers: Your needs, and the Carers Hub



This easy read tells you about how you can get your own needs met if you are a carer, and about the Carers Hub.

Information, advice and support for adult carers



Being a carer can affect every part of your life, such as your:



- Health



- Work



- Social life



- Money



- Education



- Family and personal life.



There is help so you can have your own life as well as being a carer.



There are local and national organisations that can give support to carers, and Nottingham City Council, Nottinghamshire County Council and local health services might be able to help you too.

The Carers Hub Service



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



Support is free.



They can help you with:



- Information and guidance.



- Connecting to other organisations that can help.



- Carers groups and drop ins.



- Carers breaks.



- Free training and caring support.



- 'Carers Smart' benefits and discounts.



- Carers grants.



- Peer support



- Looking at what you need as a carer.



If being a carer is making your health, life, or wellbeing worse or more difficult, you can talk to the Carers Hub.



They understand how caring affects your life and what you want and need in your own life.



Getting your needs met as a carer is about helping you, not about the person you care for.



You can talk about how being a carer impacts on your work, health, social life, money, education, family, and personal life.



The Carers Hub can talk to you about support you can get and about other organisations that can help you.



To contact the Carers Hub you can:



- Phone 0808 802 1777



- WhatsApp or text 07814 678460



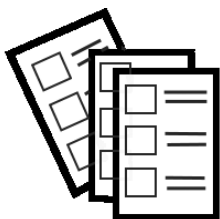
- Email Referrals:
carershubreferrals@carersfederation.co.uk



- Email:
carershubinfo@carersfederation.co.uk



- [Visit the Carers Hub website](#)



We have lots of other documents about for support for carers in [our easy read library](#). This document is part of a set of 19.

Links in this document

The Carers Hub website

carershub.carersfederation.co.uk/

Nottinghamshire County Council easy read library

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

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