

# ARE YOU A CARER?

If you provide help to a family member, friend or neighbour and that person is relying on your support then you are a carer. This can be a few hours a week to full-time care.

**Although caring can be very rewarding, it may also be isolating, emotionally draining, financially debilitating and may impact on your own health. We are here to help you.**

Leicester Carers Support Service supports all carers over 18 in the city of Leicester.

# CARERS PASSPORT

Our Carers Passport helps in many ways:

- Carers ID card
- Raises awareness of caring
- Designed to be a conversation starter
- Eases carer recognition in a variety of situations
- Enables you to access support or services in your caring role
- Helps to verify you as an unpaid carer when registering with your GP
- Carers Passport is recognised across Leicester, Leicestershire, and Rutland



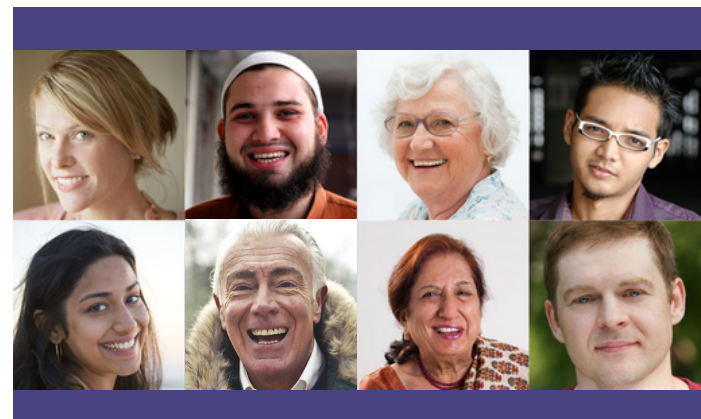
## For more information contact us:

**Call:**  
0116 222 0538

**Drop in:**  
The Bradbury Centre  
Clarence House  
46 Humberstone Gate  
Leicester, LE1 3PJ

**Email:**  
[carers@ageukleics.org.uk](mailto:carers@ageukleics.org.uk)

**Scan for online information:**



- **Carers Hub**
- **Information**
- **Groups**
- **1 to 1 support**



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## Informal Carers

Unsure if you're a carer?

Lots of people don't see themselves as a carer. Recognising yourself in this role can be the first step to getting the information, advice, and support you need.

**An adult carer is someone aged 18 or over with one or more people of any age relying on them for unpaid support.**

For example:

**Adult carers of adults:** adults (18 or over) who are caring for one or more than one other adult.

**Parent carers:** people aged 18 or over who have parental responsibility for children with impairments and who provide care for them.

**Young adult carers:** someone aged 18 to 25 who provides unpaid support.

**Sandwich carers:** adults looking after both adults and children.

**Caring for someone after hospital admission**

**Our specialist carer support workers can help carers living in Leicester city if they are aged 18 or over** wherever they may be on their caring journey.

**Young carers:** Under 18's who have another person of any age relying on them for help. If you are a young carer or the parent/relative of a young carer please contact Leicester City Council for help: 0116 454 1004

**Carers in the county:** If you are a carer and live in Leicestershire please contact: [www.supportforcarers.org](http://www.supportforcarers.org)

## How we can help:

### THE CARERS HUB

Based at the Bradbury Centre in the middle of Leicester city centre, our Hub is open 5 days a week. No appointments necessary, our workers are available to provide on-the-spot advice and information, signpost carers to additional organisations and can provide private spaces for confidential discussions.

### ONE TO ONE SUPPORT

Tailored one to one support incorporating a wide range of situations including:

- Carers rights awareness
- Guidance when taking on a caring role
- Longer-term emotional support and referrals to other services and groups
- Identifying and help to manage carers strain
- Support to navigate the complex health, work and financial aspects of caring

### INFORMATION AND ADVICE

Our dedicated adviser delivers information, advice and one-to-one support on issues such as welfare benefits, entitlements, adult social care, lasting powers of attorney and housing. The advisor can undertake benefit checks and assist with application forms at our Hub, over the phone, during outreach sessions or on home visits.

### PEER SUPPORT

We deliver peer support sessions as we believe carers can gain tremendous support from one another by sharing experiences. Consideration will always be given to the varying needs of carers.

## CARERS CAFES & SUPPORT GROUPS

Weekly & monthly city centre and local community carers cafes & online Zoom sessions:

- Facilitated by dedicated carer support workers
- Welcome break from caring duties
- Friendly and relaxing environment
- Talks, activities, day trips and outings

## CARER LEARNING

Carer Learning is available to help carers feel more able to undertake their role and feel better equipped to do so. The sessions will improve understanding of the support that is available, help to increase confidence, support carers' physical and emotional well being and reduce isolation.

## CARER WELLBEING BREAKS

We offer the opportunity for carers to take part in relaxing activities, social gatherings and outings. In addition, we offer well-being services for carers who live in Leicester and are caring for a family member or friend.

## OUTREACH SUPPORT

We deliver a programme of activities, social and information events and Drop-in sessions. We will constantly review the locations we use for our outreach sessions and utilise accessible community venues.

