

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



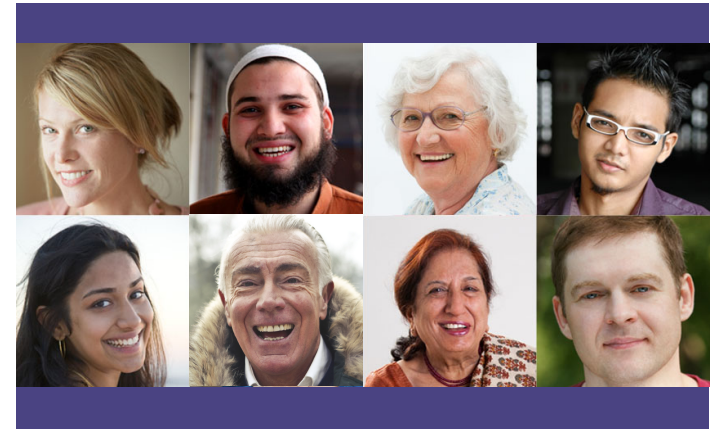
**For more information
contact us:**

Call:
0116 222 0538

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

Email:
carers@ageukleics.org.uk

**Scan for online
information:**



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

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.

Some examples of informal and unpaid carers:

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

How we can help:

THE CARERS HUB

Based at the Bradbury Centre in Leicester city centre and open 5 days a week. Just drop in for carer-related advice and information, be signposted to additional organisations with use of a private space for confidential discussions.

ONE TO ONE SUPPORT

Tailored support incorporating a wide range of situations including:

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



CARERS CAFÉS, PEER & GROUP SUPPORT

Weekly and monthly carers cafés, face-to-face or online via Zoom:

- Facilitated by carer support workers
- Welcome break from caring duties
- Friendly and relaxed environment
- Talks, activities, day trips and outings
- Regular opportunities to talk to other carers and share experiences

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.



CARER LEARNING & WELLBEING BREAKS

Carer learning is available to help make carers better equipped to undertake their caring responsibilities. The sessions will improve understanding of available support, increase carer confidence, support carers' physical and emotional wellbeing and offer practical skills and tips.

Carers are offered opportunities to take a break from their everyday responsibilities, these may be social groups, day trips or support to access respite services.

OUTREACH SUPPORT

We deliver a programme of activities, social and information events and drop-in sessions. We constantly review locations for outreach sessions and utilise accessible community venues.