Do you look after someone?
Help you can get from Carers Support Centre

This is an EasyRead leaflet about support for carers in Bristol and South Gloucestershire. July 2015.
What is a carer?

A carer is someone who supports a member of their family or a friend who could not manage without that help.

That person might need help for lots of different reasons. They could have a disability, be old or ill.

Who are we?

Carers Support Centre is run for carers.

We make life better for carers and make sure they know their rights.

Our services are for carers living in Bristol and South Gloucestershire.
Our services

**CarersLine**

Call our carers telephone line for information, advice and support.

**Carers Emergency Card**

If you have an accident or suddenly get ill having an emergency card on you will mean the person you care for gets help quickly.

**Carers Assessments**

Help with getting an assessment. This allows carers to get help and support for themselves and the person they care for from social services.
Carers News

A magazine with helpful information and stories.

One to One Support

We can meet with you to help sort out problems, give advice and help. We can come to your house or meet at your doctors surgery.

Carers Support Groups

Groups of carers who get together to share information and support.
Learning difficulties carer support

Specialist information, workshops and one-to-one support for carers who support an adult with a learning difficulty.

Social Groups

Giving you a break from caring and a chance to do something different. You can join in with a craft group, supper club or men’s ‘pie and a pint’ group.

Carers being included

Helping carers have a say about services in their area.
Carers Holidays
Longer breaks for carers in lots of different places. See our website:

www.carersholidays.org.uk

Training
We run courses for carers, such as how to look after yourself.

Sitting and companionship
Providing a companion for the person looked after, so their carer can take a regular break
Hospital support

Information and support for carers in hospital, and help with discharge planning.

Young Carers 8 - 18

Supporting young carers under 18.

Young Adult Carers

Supporting young adults aged 18-25.
More Information

CarersLine:
0117 965 2200

Email:
carersline@carerssupportcentre.org.uk

Website:
www.carerssupportcentre.org.uk

Credits
It has been checked for accessibility by the Making It Easier Group of adults with learning disabilities.

This paper has been designed and produced for Carers Support Centre by the EasyRead service at Inspired Services Publishing Ltd.
ISL206
www.inspiredservices.org.uk

easyread07/2015