

Information for Carers: Carers Support Groups and Networks

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Information sheet E2

October 2018

Support available for carers

The Somerset Carers Service is available to all unpaid carers, whether you care for a few hours or provide a substantial amount, by the Community Council for Somerset. They give quality local information, emotional support and practical advice to help you in your caring role and can point you in the right direction to get help or information. They also work closely with the other specialist carer support networks. This service is to support you as a carer; it does not replace assessed care and support provided by the local authority.

For more information please visit www.somersetcarers.org. You can also call the advice line on **0800 31 68 600**, TEXT 'Carer' to **78070**, or email carers@somersetccc.org.uk.

What are Carer Support Groups?

Carer Support Groups can offer you the benefit of meeting other carers who are in the same position. It brings together people who share the same problems, frustrations and rewards.

What do they provide?

Carer Support Groups aim to provide you with a chance to take a short break from caring and enjoy some time in the company of other carers. It is an opportunity to talk, share experiences and to offer and receive mutual support. Different groups have different formats and some offer social occasions. Some groups are for all carers, others are specific to the condition of the person you care for.

How much do they cost?

This varies. Attendance is often free, but there may be a small charge for teas and coffees. Some groups fund-raise to put money towards things like outings or activities.

Other groups and networks

You may prefer to choose a group that you and the person you care for can attend together or join a group that isn't specific to carers. What is important is that you take time to enjoy yourself and relax, in whatever company you choose.

To find your local Carers Support Group, please go to the Somerset Carers Service website:

<https://somersetcarers.org/whats-on-in-your-area/>

and select Carer Support Groups from the drop-down menu or call the helpline on 0800 31 68 600 or contact your local Carers Agent to find out where and when your local group meets.

Your opportunity to feedback

We welcome your comments about the services you receive. If you would like to tell us what you think, please either:

Contact us by going to our website, www.somerset.gov.uk, or

- Speak to your social care worker
- Phone Somerset Direct on 0300 123 2224, or
- Contact the Adults and Health Customer Experience Officer
Floor B2 East
County Hall
TauntonA1 4DY
Phone: 01823 359227
Email: customerexperience@somerset.gov.uk

This document is also available on request in Braille, large print, tape, disc and can be translated into different languages.