



YOUNG CARERS

Many young carers don't think of themselves as a carer, the caring role often grows over time. If you are a young carer, you are probably looking after a parent, grandparent or care for a brother or sister. You may do extra jobs around the home, cooking, cleaning or helping someone get dressed and move around. You may also give physical help to a parent, brother or sister who is disabled or ill.

HOW WE CAN HELP

-  Provide information, advice and support
-  Provide 121 emotional support in a safe place
-  Arrange groups and activities to help you make new friends, have fun and most of all have 'time out'
-  Help you access support to look after your own health and wellbeing
-  Prepare for the future by supporting you with education and next steps

GET IN TOUCH

-  young_carers@carerstrusthofe.org.uk
-  **02476 632972**
-  www.carerstrusthofe.org.uk
-  [youngcarerscoventry](https://www.instagram.com/youngcarerscoventry)



Carers Trust Heart of England is a charity that supports and improves the lives of Adult and Young Carers across Coventry and Warwickshire. We provide a range of services that ensure unpaid carers are valued, respected and supported in their caring role.

Contact us on the details below for more information about our services and how we can help you:

 **024 7663 2972**

 contactus@carerstrusthofe.org.uk

 www.carerstrusthofe.org.uk

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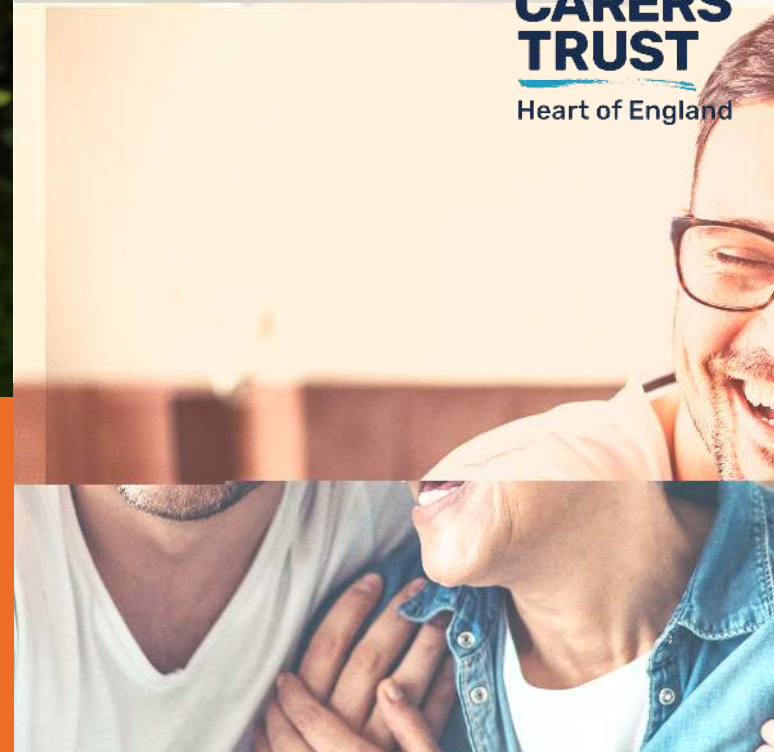
Registered Charity: 1057024
Company Limited by Guarantee number: 03206963

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CARERS TRUST

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Do you look after a relative or friend who can't manage without your support?

You are a carer and this leaflet explains the free, confidential help that is available to you.

If you look after a partner, relative or friend due to disability, old age, mental health difficulties' or an addiction, you are a carer, even if you don't think of yourself as one. However, without the right support in place it can often affect your Physical and Mental Wellbeing.

WHO WE HELP

Everyone's experience of being a carer is different and can be both rewarding and challenging. As a carer, it's important to look after your own health and wellbeing.

By registering with Carers Trust Heart of England, you will have access to free information, guidance and support to empower you in your caring role.

This could help you to meet other carers who understand the challenges you face, try new activities and help you take time out for you. Also providing you with local up to date community information.

CARE AT HOME SERVICE

Our Care at Home Service which is also referred to as **Regulated Care**, is for when you need extra support to help the one you care for live independently at home. Our service is regulated by the Care Quality Commission certifying that the support we provide is safe, effective, compassionate, high-quality care.

The care plan is tailored to your loved one's individual needs, whether that's help around the house, personal care, medication or mobility support. We also provide companionship and can support you to attend appointments and events. [We're here for that extra support, when you need it.](#)

HOW WE CAN HELP

We provide support, information and signposting to services by phone, email, text, online and in person.

To find out more about groups and activities, visit www.carerstrusthfe.org.uk or email: carergroups@carerstrusthfe.org.uk



Information

Understanding the services available to you, your rights as a carer and signposting to other services who can help

Support, Advice and Guidance

A listening ear, drop in sessions, support groups, activities and training

Full Carers Assessments and Reviews

To identify and help you access the support that you need, when you need it

Emergency and Short Break Service

Support available for planned events, health appointments or for a break

Emergency Planning and Emergency Card

To give peace of mind that the person you care for will be looked after if you are unable to

Regular E-Bulletins and Newsletters

Keeping you up to date with the latest carer news

Access to discounted services

CarerSmart gives discounts at many known names for shopping, leisure activities and more

Volunteering Befriending Service

To allow you to take much needed time for you

Carers Voice

Opportunities to get involved to help shape our services