

**If you care,  
we care.**



**Carers Support Centre  
Bristol & South Gloucestershire**



# **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.  
March 2017



## 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 a charity 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.

**Bristol and South  
Gloucestershire**

## Our services



### CarersLine

Call our carers telephone line or email us 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 also 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.



## **Carers being included**

Helping carers have a say about services in their area.



## Support for parent carers

Helping carers who look after a child who has disabilities.



## Training

We run courses and workshops 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.



## Carers in paid employment

Helping carers to get training or a job. Talking to employers about how to help carers to keep their jobs.



## 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](mailto:carersline@carerssupportcentre.org.uk)**



Website:  
**[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)**



### Credits

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

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