



**Support for carers
in North Somerset**

Support for carers in North Somerset

Carers are people from all walks of life who provide unpaid care and support to a relative, friend or neighbour who can't manage without their help.

Most carers don't label themselves 'carers' – they're husbands, wives, sons, daughters or friends that do what they can to help someone who's struggling.

It's very common for people with caring responsibilities to neglect their own needs to prioritise the needs of who they care for. If this sounds like you, we're here to help.

Support for adult carers

We offer a range of support and advice to help maintain your own wellbeing whilst in your caring role. We can help you identify the impact of your caring responsibilities on your life and help find potential solutions. We can help to ensure that you receive all the help and support that you are entitled to, which can include referrals for a comprehensive carers assessment with North Somerset Council or a care assessment for the person you care for.

It's important that you feel comfortable talking to us, so we will tailor our approach to supporting you. This can be using a more formal process or simply an informal chat.

We offer:

- Information and advice through phone calls, community drop ins, online support and face to face appointments
- Practical support interventions related to your caring role
- Support with referrals and signposting to ensure you're receiving all the help you are entitled to
- Help with financial support and benefits
- A variety of groups and opportunities to meet with other carers
- Support to understand your rights and choices
- Support to look after your own wellbeing
- We also provide a dedicated support service for carers at Weston General Hospital.



Support for young carers

Is there someone at home with a disability, illness, mental health condition, or drug or alcohol problem? Do you have to help a lot, or worry a lot about the person who is unwell? Are you under 18? You could be a young carer.

It is estimated that over 2,000 young people in North Somerset have caring responsibilities at home, so you are not alone.

We know that being a young carer can mean missing out, feeling different to others and sometimes finding life that bit harder. It can also have an impact on your school life including taking part in out of school activities, behaviour and ability to complete coursework and homework on time. You may also worry about talking to someone because you worry about things like bullying, letting your family down or being taken into care.

We're here to help

We can help to relieve some of the stresses associated with your caring role. You can also meet other young carers and get involved in things that are just for you.

We run:

- Welcome groups
- Therapeutic groups
- Social meet ups
- Holiday workshops
- Day trips
- Residential weekends
- One-to-one support
- Online support
- Support in school.

We can speak on your behalf to other agencies such as social services, community mental health or education services. We're working with schools to help them support young carers.

Get in touch to find out more about how we can help you.



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