



## Are you a Carer?

If you are please let us know - we may be able to help you.

You are an unpaid carer if you support a family member or friend who is ill, disabled, elderly, has poor mental health or misuses substances. You are a Young Carer if you are under 18 in this role. The support you offer may be emotional or include shopping, cooking, dealing with medication, or attend medical appointments with the person you care for. The person you care for could live with you, in their own home, or even in residential care.

It is important that you let your medical practice know that you look after someone. You can be added to the practice 'carer register' and gain to access to information and support, this includes access to a named Carer Champion.

A Carer Champion is a staff member at your practice who support carers. They are the key point of contact and the 'voice' for carers.

(name of champion) is the Practice's Carer Champion at (name of practice).(if you don't yet have a Carers champion leave this bit off your website)

As a carer, you are also entitled to an annual flu vaccine and a health check.

You are also entitled to a Carers Assessment, you would need to contact the Nottinghamshire Carers Hub for this (details below).

## Nottinghamshire Carers Association

Nottinghamshire Carers Association works with schools, health and social care professionals to raise awareness of Carers .

<https://nottinghamshirecarers.co.uk/>

We are supporting organisations to identify Carers and Young Carers and offer the best support possible. Contact Nottinghamshire Carers Association on [info@nottinghamshirecarers.co.uk](mailto:info@nottinghamshirecarers.co.uk)

## Nottinghamshire Carers Hub

Carers Trust East Midlands provides timely, personalised information and support for Carers via the Nottinghamshire Carers Hub to make caring for a loved one easier.

Contact Nottinghamshire Carers Hub on:

0115 824 8824 Lines are open Monday to Friday, 9am until 5pm You can speak to an experienced support worker who will provide a personalised service that meets your individual needs.

email: [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

web: [www.carerstrustem.org/hub](http://www.carerstrustem.org/hub)

## Nottinghamshire County Council support for Carers

<https://www.nottinghamshire.gov.uk/care/adult-social-care/carers/support-for-carers>