

When Carers register with Caring for Carers they will benefit from the following:

### **Access to Carers Support Coordinators**

The Caring for Carers team can assist carers with any queries or questions linked to their caring role and undertake a statutory carer's assessment which will consider the impact the care and support they provide is having on their own wellbeing and important aspects of the rest of their life

### **A Carers Card**

The carers' card is free and available for Carers, aged 18 or over, who provide care for a Plymouth resident, of any age. The Carers' Card offers discounts on a range of activities across the city to help you to look after your own health and wellbeing because if you look after someone, it's important to look after yourself too.

### **Caring for Carers Newsletter**

The Caring for Carers newsletter aims to keep carers up to date on local and national carer's information, events and activities, training opportunities and is a way for carers to share their stories and top tips with anyone who is caring.

### **Carers Support Groups**

Caring can be very isolating and our carers support groups are intended to be a venue in which carers can meet with other carers, gain support, gather information and seek advice as well as having time away from their caring role(s).

There is a Carers Support Coordinator present at every meeting as there may be times when you want to talk to someone who understands the pressures of being a carer or you may want practical advice or support to help you cope.

Tea, coffee, biscuits and a friendly face will always be available for anyone who needs information, emotional or practical support, or simply feels the need to have a chat.

### **Monthly Activities**

We provide a variety of monthly activities and events for carers. These are low cost or free and are very popular. We also run a Ukulele workshop where carers can de-stress and build their confidence whilst learning the basics of Ukulele playing and having fun with likeminded people.

### **Training Workshops**

We provide a training/workshop programme of practical skills for carers including, Mindfulness, Caring and Coping and dementia insight.

### **Carers Personal Budgets**

A carers personal budget is a way that carers may be able to be supported to have a break from caring and improve their health and wellbeing; it is awarded specifically for the purpose of enabling them to 'switch off' from their caring responsibilities by taking time for themselves away from their caring role.

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