



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 are husbands, wives, sons, daughters or friends who see that someone is struggling and do everything possible to help.

It's very common for people with caring responsibilities to neglect their own needs because they focus so much on helping the person they care for. If this sounds like you, we're here to help.

Support for adult carers

We provide a single point of contact for carers of any age. We offer a range of information and advice services to help support you in your caring role, from initial assessment to support planning and group activities. We allow you to discuss the impact of your caring responsibilities on your life and help identify potential solutions. We can help you navigate the system to ensure that you receive all the help and support that you are entitled to, this can include referrals for a Care Assessment for the person you care for.

We can adapt the way in which we work with you so that you feel comfortable to share your experiences, allowing us to offer you the best support and guidance. This can be using a more formal process or simply an informal chat.

We offer:

- Information and advice
- Practical support to identify problems/ find solutions related to your caring role
- Support with referrals and signposting to ensure that you receive all the help you are entitled to
- Access to financial help and support
- 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 someone at home ill or disabled? Do you have to help out a lot? Are you under 18? **You could be a young carer.**

It is estimated that approximately 2000 young people in North Somerset have caring responsibilities at home, so you are not alone. Get in touch to find out more about meeting other young carers and what support is on offer to you.

We know that being a young carer can mean things like missing out, feeling different to others and sometimes finding life that bit harder. 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:

- Groups
- Holiday workshops
- Day trips
- Counselling
- One-to-one support.

We can speak on your behalf to other agencies such as social services, community mental health or education services. We're working hard to raise awareness and support young carers in schools. We're creating a network of support and understanding to ensure young carers receive the recognition and support they need in school settings.

Counselling for carers

Our free counselling service is available for young and adult carers throughout North Somerset.

Sometimes it can be helpful to speak with someone who has no other role in your life about concerns or difficulties you may be experiencing. Counselling offers a safe and confidential environment to talk about your feelings and to share any fears or concerns that you may have. Although you may not be able to change your situation, counselling can help you to find more positive ways of coping.



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