

Information, Advice & Guidance

CARER SERVICES

National Services



A charity that works to improve support, services and recognition for unpaid carers of a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

Carers Trust
32-36 Loman Street,
London SE1 0EH
<https://www.carers.org>

Tel: 0844 800 4361 (calls charged at local rates)
Fax: 0844 800 4362



Mind provides advice and support for anyone experiencing a mental health problem

They also have an information booklet for carers, friends and family about coping as a carer

infoline can provide information, or help you find support near you - 0300 123 3393
Open 9am to 6pm, Monday to Friday (except for bank holidays).

info@mind.org.uk
<https://www.mind.org.uk/information-support/helping-someone-else/>



The Guide to Care and Support page on the NHS website contains helpful information for carers.

<http://www.nhs.uk/conditions/social-care-and-support-guide/Pages/what-is-social-care.aspx>





Local support and groups near you can be searched for on their website. They also run a Carer Information and Support Programme which provides support and information in a group environment.

Call our Helpline number on **0300 222 11 22** or use the Live Online Advice service for dementia information and support

<https://www.alzheimers.org.uk>

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	<p>At healthtalk.org you can find information and support for a range of health issues by seeing and hearing people's real life experiences.</p>	<p>http://www.healthtalk.org</p>
 <p style="font-size: small;">reliable and up-to-date information about psychosis for family members and friends</p>	<p style="font-size: small;">Institute of Psychiatry, Psychology & Neuroscience</p>  <p style="font-size: small;">South London and Maudsley NHS Foundation Trust</p>  <p style="font-size: x-small;">in association with</p> 	<p>http://www.mentalhealthcare.org.uk</p>
	<p>Carers Federation delivers support services available to a population of over 6 million people. Embedded within, is an ethos of empowering the individual</p>	<p>http://www.carersfederation.co.uk</p>
<p style="font-size: x-small;">Babble is an online community for young carers, a space for friendship, support, advice and fun. Learn more</p> 	<div style="background-color: #008080; color: white; padding: 10px; font-weight: bold;"> <p>Live chat! 4-5:30 Sun/Mon/Thu + 7-8 Wed</p> </div>	<p>https://babble.carers.org/</p>
<p style="font-size: 1.2em; font-weight: bold;">Choice and Medication</p> <p>South Staffordshire and Shropshire Healthcare </p> <p style="font-size: x-small;">NHS Foundation Trust</p>	<p>Find out more about mental health conditions, treatments and medications Includes search function and printable leaflets</p>	<p>http://www.choiceandmedication.org/south-staffs/</p>

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Looking after a family member or friend? Get in touch for expert advice, information and support.

Get in touch:
0808 808 7777
advice@carersuk.org

Hub of Hope

Search by postcode or address to find links to local support services for mental health.

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



Challenging attitudes,
changing lives.

There is helpful section on the website called 'Carers, Family and Friends' for people who know *someone* who has a mental illness.

<https://www.rethink.org/>

General Enquiries
& Supporter Care

0121 522 7007

Rethink Advice And
Information Service

0300 5000 927

Staffordshire



Independent Financial Information and Advice Service for Adults/Carers in Staffordshire

<http://www.thecareadvice.org.referral-form>

Email: enquiries@thecareadvice.org

Telephone: 01785 339911



Recovery for Carers, Families and Friends' section of the Meriden Family Programme website. The programme aims to help people with mental health problems, and those who care about them, live with them or support them.

Telephone: 0121 301 2896

<https://www.meridenfamilyprogramme.com/>

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 <p>Carers Hub</p>	<p>Covers Stoke on Trent and Staffordshire</p> <p>Provides support services for adult carers and young carers and their families</p> <p>Currently, the Carer's Hub also manage the PWB element (personal wellbeing budget / carer's budget) on behalf of Staffordshire County Council. Any access to the PWB can be supported through the Carer's Hub.</p>	<p>Telephone: 0330 123 1937</p> <p>E-mail: carershub@peopleplus.co.uk</p> <p>Websites: thecarershub.co.uk</p> <p>https://www.staffordshire.gov.uk/health/carers/Adult-Carers.aspx</p> <p>Details on the PWB and who can access / what this can be used for can be found on - https://www.thecarershub.co.uk/Pages/News/Personal-well-being-budgets.aspx</p> <p>Details on how to make a referral - https://www.thecarershub.co.uk/Pages/referacarers.aspx</p>
 <p>Allied Healthcare</p> <p>Across Cannock and South Staffordshire</p>	<p>Carer's Respite: Home-Based Respite and Sitting Service from basic home care to specialist care for those with more complex health needs</p> <p>Every carer needs a break now and again. Whether it's for an afternoon or a couple of weeks</p>	<p style="text-align: center;">Cannock Branch 6 Station Court, Girton Road, Cannock. WS11 0EJ 01543 465620</p> <p style="text-align: center;">https://www.alliedhealthcare.com/ e mail via website</p> <p style="text-align: center;">Tel: 0800 542 1078 (Regional Office at Stafford)</p>
 <p>mediline CARERS AND NURSES Across Lichfield & Tamworth</p>	<p>Provide quality visiting and live in care that is fully personalised to individual circumstances, from home visits to complex needs</p>	<p style="text-align: center;">http://www.medilinenurses.co.uk/ LICHFIELD BRANCH 19-22 Trent Park, Eastern Avenue, Lichfield, WS13 6RN Telephone: 01543 419641 Email: lichfield@medilinenurses.co.uk</p>

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**CROSS
ROADS
CARE**

Staffordshire

(Across Newcastle, Moorlands and
Stafford)

Crossroads Care Staffordshire offers a range of respite services to support carers and the people they care for including palliative care services, domestic homecare services, an emergency service, one to one and group activities.

They focus on supporting the carer by providing an opportunity to take a break and to support adults and children living with disability to access a wide range of social, leisure and educational opportunities.

<http://www.crossroadsstaffordshire.org.uk/index.php>

d.agostinelli@crossroadsstaffordshire.org.uk

Telephone: 01782 268391
Clive Villa, 22 Cemetery Road, Shelton, Stoke on Trent,
Staffordshire, ST4 2DL



CASS The Carers Association

SUPPORTING CARERS TO CARE

CASS

CALL US - 01785 222365

CASS offers a Living Well with Dementia Service in Southern Staffordshire in five locations; CASS Cafes at Penkridge, <http://carersinformation.org.uk/Tamworth> and Eccleshall; and a Telephone Befriending Service.

CASS is a registered charity which provides confidential advice, information, emotional support and a range of other services to Carers living across Staffordshire and the West Midlands

<http://carersinformation.org.uk/>

01785 222365

Our office is based at:

Suite 1A – 1B The Whitehouse
3A Chapel Street
Stafford
ST16 2BX

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CARER SERVICES

Shropshire, Telford & Wrekin



Providing a 'listening ear' and assisting carers in improving their quality of life, support either on the telephone or by visiting carers at home, or at a suitable venue by appointment.

They can provide access to Carers' Assessments and Access to an Emergency Response Carers Service (ERCS) they promote social opportunities for carers and they produce a free Carers Newsletter which is full of relevant information for carers.

Carers Centre, The Glebe Centre, Glebe Street,
Wellington, Telford TF1 1JP

Telephone: 01952 240209 Fax: 01952 250362

Email: admin@telfordcarers.org.uk

The Carers Centre runs a number of support groups for carers. These are listed, along with local groups run by other organisations on the Support Groups page of their website <http://telfordcarers.org.uk/>



This is the regional section of the Carers Trust. If you feel you could use a little help, just let them know. They can visit you at home and together with the person you're caring for, work out how they can best provide what you need.

Telephone: 0333 323 1990

or email help@carerstrust4all.org.uk

<http://www.carerstrust4all.org.uk/>

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changing lives.

A Carers Group in run from the Redwoods Centre, Shrewsbury. Last Wednesday of the month (excluding August & December) from 7.30 – 9.30 pm.

Ann Williams (Facilitator) 07966 445 555
shrewsburycarersgroup@rethink.org

www.rethink.org

www.facebook.com/rethinkcharity



The Shropshire Choices team provide advice on a wide variety of health and social care support. Working with Shropshire Council, the Choices team are able to signpost and support residents to access services from the Local Authority, NHS partners, voluntary and community groups. Using the directory of services, we hope to enable residents to live independently for as long as possible, by making it easy to find the right support for each area and individual.

Contact us

firstpointofcontact@shropshire.gov.uk

0345 678 9044

<https://www.shropshire.gov.uk/shropshire-choices/shropshire-choices-directory/>



MyLife

MyLife is designed to help you to find the right help, at the right time to promote independence. You can find information and advice about how you can help yourself, family members and friends.

https://telford.mylifeportal.co.uk/are_you_a_carer.aspx

01952 459252
Telford & Wrekin Council
Adult Social Care
Darby House
4th floor B/C wing
Lawn Central
Telford,
TF3 4JA

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South Staffordshire and Shropshire Healthcare provide a range of useful self help information leaflets and Mental Health Services Leaflets which can be accessed via the link provided.

<http://www.selfhelpguides.ntw.nhs.uk/sssft/index.php>
<http://www.selfhelpguides.ntw.nhs.uk/sssft/leaflets/38Families%20Friends%20and%20Carers%20Booklet.pdf>