

# Helping you to manage your wellbeing if you provide care for someone

If you provide help for someone, such as family, friends or neighbours, who couldn't cope without you it is important to look after your own health and wellbeing.

This leaflet offers advice and information about the services available to support you.

## Adult Carers

**Caring Together Warwickshire is the new all age carer wellbeing service provided by Carers Trust Heart of England and funded by Warwickshire County Council**



- An adult carers assessment can be done for the person with a caring responsibility to identify any needs they may have. Informal carers will be able to access information and advice as well as group activities.
- Provides signposting to other agencies to help support the carer's wellbeing and the person they care for.
- A community-focused service helps the person with a caring responsibility have access to local agencies who can help with shopping, collecting prescriptions and other practical help.
- There is support for you to manage in a crisis or if you need to unexpectedly leave the cared for.

Call the new freephone number or visit the website for more information on how this service can help you maintain your health and wellbeing.

**Freephone: 0800 197 5544**

**Opening times:** Wednesday, Friday **9am to 5pm**, Tuesdays and Thursdays **9am to 8pm** and Saturdays **9am to 2pm**

**Email:** [hello@caringtogetherwarwickshire.org.uk](mailto:hello@caringtogetherwarwickshire.org.uk)

**Website:** [www.caringtogetherwarwickshire.org.uk](http://www.caringtogetherwarwickshire.org.uk)

## Young Carers Caring Together Warwickshire



This service aims to help make a difference to the lives of young carers from the age of 6 years of age upwards. Support is currently available such as one to one calls, in person and virtual groups for young carers. Young carers and their families needing support can also have an assessment by trained advisors. Please check the website for latest information and activities or call **0800 197 5544**

**Website:** [www.caringtogetherwarwickshire.org.uk](http://www.caringtogetherwarwickshire.org.uk) or

**Email:** [hello@caringtogetherwarwickshire.org.uk](mailto:hello@caringtogetherwarwickshire.org.uk)

**Opening times:** Mon to Fri **9am to 5pm**, with extended hours on Tues and Thurs till **8pm** and Sat **9am to 2pm**

## Additional online support for Carers

### Mobilise

An online community of carers and those with caring responsibilities supporting each other. Why not have a virtual cuppa, get practical advice and tips as well as financial tools and emotional support.

**Website:** [www.mobiliseonline.co.uk/carers](http://www.mobiliseonline.co.uk/carers)

### Care Companion

A free online resource, developed by carers for carers. Its confidential with reliable resources and information tailored to the care needs of their loved ones.

**Website:** [www.carecompanion.org.uk](http://www.carecompanion.org.uk)

### Kooth

Online support for young people who may need support with their mental health

**Website:** [www.kooth.com](http://www.kooth.com)

# Parent Carers

## Parent Carer Support Pathway

Support is available for eligible parents who have children or young people with Special Educational Needs or disabilities (SEND). For more information and advice, Phone **01926 413737** option 4 Opening times Mon to Thurs **9am to 5.30pm** - and Fri **9am to 5pm**.

**Email:** [childrenwithdisabilitiesteam@warwickshire.gov.uk](mailto:childrenwithdisabilitiesteam@warwickshire.gov.uk)

**Website:** <https://www.warwickshire.gov.uk/carers/parent-carer-support-pathway>

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# Dementia and Alzheimer's

## Dementia CONNECT (Formerly known as Dementia Navigators)

A dedicated service to support people affected by dementia in Warwickshire (including people with a diagnosis of dementia and carers). The service provides personalised practical and emotional support. The service can also support people with dementia and carers to access a range of support services in their local area.

**Telephone:** 0333 150 3456

**Opening times:** Monday to Wednesday: 9:00am to 8:00pm Thursday and Friday: 9:00am to 5:00pm Saturday and Sunday: 10:00am to 4:00pm (*Calls charged at standard local rate*)

**Email:** [dementia.connect@alzheimers.org.uk](mailto:dementia.connect@alzheimers.org.uk)

**Website:** [www.alzheimers.org.uk/dementiaconnect](http://www.alzheimers.org.uk/dementiaconnect)

For more information about caring for someone with dementia please go to [www.dementia.warwickshire.gov.uk](http://www.dementia.warwickshire.gov.uk)

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# Wellbeing for Warwickshire

## Warwickshire Safe Haven

Provides support for people (16+) who are feeling distressed and overwhelmed. The helpline is available (6-11pm Monday to Sunday).

**Telephone:** 02477 714 554 **Text:** 07970 042270

**Email:** [safehaven@cwmind.org.uk](mailto:safehaven@cwmind.org.uk)

**Visit:** Safe Haven Warwickshire, Newtown Chambers, Corporation Street, Nuneaton CV11 5XR

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## Mental Health Helpline (Coventry and Warwickshire)

A free confidential helpline providing emotional support, available 24/7. Access to a trained team of experienced support workers. Available on **0800 616 171** or via **webchat** [www.mhm.org.uk/coventry-warwickshire-helpline](http://www.mhm.org.uk/coventry-warwickshire-helpline)

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## Dearlife

This website has been created by health and social care partners across Coventry and Warwickshire to help people find the tools to maintain and improve their wellbeing and the wellbeing of others. It offers a wealth of information about where to get help in a crisis, advice on how to maintain good mental health, how to help others in need and comprehensive signposting to support.

**Website:** [www.dearlife.org.uk/](http://www.dearlife.org.uk/)

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## For general information on Carer Support

**Website:** [www.warwickshire.gov.uk/carers](http://www.warwickshire.gov.uk/carers)

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# Other support at home

## Community Meals

This service delivers hot or frozen meals to vulnerable people over the age of 50.

**Telephone:** 01926 889511 or **Website:** [www.warwickshire.gov.uk/mealsservice](http://www.warwickshire.gov.uk/mealsservice)

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## HEART (Home Environment Assessment and Response Team)

This team provides support to Warwickshire residents who need to improve, repair or adapt their homes to meet their own health, safety and wellbeing needs.

**Telephone (North):** 024 7637 6294 **(South):** 024 7637 6299

**Website:** [www.nuneatonandbedworth.gov.uk/heart](http://www.nuneatonandbedworth.gov.uk/heart)

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## Assistive Technology

AskSARA is an online self-help guide providing information on products and equipment for older and disabled adults and children.

**Website:** [www.asksara.dlf.org.uk/](http://www.asksara.dlf.org.uk/)

For more general information on local services and support visit:

**Website:** [www.warwickshire.gov.uk/assistivetechology](http://www.warwickshire.gov.uk/assistivetechology)

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## Family Information Service

A free information and signposting service for families with children and young people aged 0-25. The service also helps professionals working with families in Warwickshire.

**Website** [www.warwickshire.gov.uk/fis](http://www.warwickshire.gov.uk/fis)

# Bereavement support

Dealing with bereavement is hard whatever the situation, , this can be particularly difficult. For general counselling and bereavement information please visit our website

**Website:** [www.warwickshire.gov.uk/bereavement](http://www.warwickshire.gov.uk/bereavement)

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## Cruse

This organisation offers information and support to all those affected by bereavement.

**Helpline:** 0808 808 1677

**Opening times:** Monday to Friday: 9.30am to 5pm (excluding bank holidays)  
Extended hours on Tuesday, Wednesday and Thursday evenings, open until 8pm.

**Website:** [www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief](http://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief)

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## Supporting people who are terminally ill

Carers of those who have a terminal illness can talk to the specialist service team at Marie Curie for advice on coronavirus.

**Telephone free:** 0800 090 2309 7 days a week including bank holidays.

**Opening times:** Monday to Friday 8am to 6pm, Saturday to Sunday 11am to 5pm, and 10am-4pm on bank holidays.

**Website:** [www.mariecurie.org.uk/help/support/coronavirus](http://www.mariecurie.org.uk/help/support/coronavirus)

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