

A Network Partner of
**CARERS
TRUST**

**If you care,
we care.**

Carers Support Centre
Bristol & South Gloucestershire



Do you look after someone?

Help you can get from Carers Support Centre



This is an EasyRead leaflet
about support for carers in Bristol and
South Gloucestershire.
June 2023



What is a carer?

A carer is someone who supports a member of their family or a friend who could not manage without that help.



That person might need help for lots of different reasons. They could have a disability, be old or ill.



Who are we?

Carers Support Centre is a charity run for carers.

We make life better for carers and make sure they know their rights.



Our services are for carers living in Bristol and South Gloucestershire.

**Bristol and South
Gloucestershire**

Our services



CarersLine

Call our carers telephone line or email us for information, advice and support.



Carers Emergency Card

If you have an accident or suddenly get ill having an emergency card on you will mean the person you care for gets help quickly.



Carers Assessments

Help with getting an assessment. This allows carers to get help and support for themselves and the person they care for.



Carers News

A magazine with helpful information and stories.



One to One Support

We can meet with you to help sort out problems, give advice and help.

We can also come to your house or meet at your doctors surgery.



Carers Support Groups

Groups of carers who get together to share information and support.



Wellbeing

You can get counselling and befriending by telephone or video call.



Walk and talk groups

Carers can meet up and go for walks together.



Carers being included

Helping carers have a say about services in their area.



Support for parent carers

Helping carers who look after a child who has disabilities.



Sitting and companionship

Providing a companion for the person looked after, so their carer can take a regular break. South Gloucestershire only.



Hospital support

Information and support for carers in hospital. Help with discharge planning.



Young Carers 8-18

Supporting young carers under 18.

More Information



Carersline:
0117 965 2200



Email:
carersline@carerssupportcentre.org.uk



Website:
www.carerssupportcentre.org.uk



Credits

It has been checked for accessibility by the Making It Easier Group of adults with learning disabilities.

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