



Gloucestershire

Carers Hub



Do you support someone?

If you look after a partner, relative or friend who is disabled or ill due to physical or mental health, you are a carer, even if you don't think of yourself as one.

Maybe you do some or all of the following:

- Cooking
- Popping in to check they are ok
- Taking them to appointments
- Collecting their prescriptions
- Supporting with their daily care or emotional needs
- Helping prepare medication

Whatever you do for that person, it means they are reliant on the support which you give them.

At Gloucestershire Carers Hub, our services are there for anyone who is caring or supporting another.

It doesn't matter how many hours you care for or how long you may be needed to support someone for, you can still register, for free, to access our person centred support.

Our experienced and friendly local team are here for you to ensure you have the support, information and time to think about you.



1 in 10 people are Carers





Why is it important to register as a Carer?

If you register with the Carers Hub you will have access to free information, guidance, support, to empower you in your caring role. This could help you to meet other carers and to interact with others in a safe space.

The Carers Hub is an easily accessed service where you can gain support, feel valued and offload your worries or concerns.

What help can I get from Gloucestershire Carers Hub?

- Information, Advice and Guidance (IAG), from our supportive Triage team
- Wellbeing support
- Signposting to other services
- Contingency Planning Support
- Benefits and financial advice
- Full carers assessments, support planning and reviews
- Access to groups
- Training, social gatherings and activities
- Access to the Carer Aware Discount Scheme
- Professional counselling service
- Buddy Up
- Employment support

If you or someone you know may benefit from accessing any of our services or support and would like to find out more please contact us on **0300 111 9000**



Visit our website:
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