

REACHING OUT TO CARERS

Many carers simply don't know that there is advice and support out there for them.

One of the most important aspects of Carers UK East Somerset's work is reaching out to as many carers as we can. We do this by...

HOSTING special carers' social events and information days, which also give carers a break

PROMOTING our work at events where we can reach out to unknown carers



CARERS UK
the voice of carers **EAST SOMERSET**

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▶ **Help us care for our carers**

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For further enquiries, please contact:
Caroline Toll on 01373 836438

Often taking the role without notice and without choice, carers provide unpaid care by looking after an ill, frail or disabled family member, friend or partner.

This leaflet is funded by Somerset County Council

DID YOU KNOW?

- ▶ Carers save this country a staggering amount of money – more than the entire NHS budget
- ▶ 3 out of 5 of us are likely to become carers at some point in our lives
- ▶ A carer's life can involve being on call 24 hours a day, 7 days a week, 52 weeks a year

DID YOU ALSO KNOW?

- ▶ Carers are twice as likely as non-carers to fall ill as a result of the stress of their caring role
- ▶ The level of benefits available means that many carers are in financial difficulties
- ▶ The benefits system is so complicated that many carers do not know what they are entitled to or are too exhausted to go through the process of applying
- ▶ It is extremely difficult to get hold of the information carers need about benefits, respite, grants and services that may be available.



CARERS UK EAST SOMERSET

This local branch of Carers UK, the national carers-led charity, reaches out to carers with support, advice and sometimes financial help. An important part of our work is also campaigning which we do by speaking at events, distributing information, sitting on County Council and Primary Care Trust committees and enlisting the help of the media.

Our area covers Bruton, Castle Cary, Frome, Glastonbury, Shepton Mallet, Street, Wells, Wincanton and their surrounding villages.

WHAT WE DO...

There are often critical moments in a carer's life when other funds are not available. CARERS UK EAST SOMERSET helps with...

EMERGENCIES

A carer was looking after someone whose washing machine broke down – we contributed towards a replacement machine

IMMEDIATE SUPPORT

A carer had come to the end of her tether and was unable to cope with even basic housekeeping – we paid for a cleaner to come in for a few weeks until the statutory services could take over – this restored her confidence and helped her continue caring

TRANSPORT

One carer was unable to visit her husband in hospital – this was distressing them both – we were able to pay for a number of journeys

