

Who is the Carers Support Alliance

The Carers Support Alliance is:

- The Alliance Homes Group
- Age UK Somerset
- North Somerset Community Partnership.

We are working together to improve the lives of carers in North Somerset.



This information is available in large print, on audio CD and in other languages on request. If you require any of these services please contact us.

This service is provided with funding from North Somerset Council and North Somerset Clinical Commissioning Group.



Do you look after someone who can't manage without your help?



We're here for you if you need free advice information or support

03000 120 120





You are a carer if...

You provide unpaid care and support to a relative or friend who can't manage without your help. They may need your help for many reasons - examples include illness, physical/mental health issues or substance misuse.

You probably don't even think about being a 'carer' - you just get on with it.

However, if you are a 'carer' it is very common to experience stress and isolation, financial disadvantage, and deterioration of your own health as a direct consequence of your caring responsibilities.

We're here to help.

What we do

We provide a free service for carers. We offer:

- Information and advice
- Practical support to identify problems/find solutions related to your caring role
- Help to 'navigate' the system and ensure you [and the person you care for] receive all of the help and support you are entitled to
- Access to financial help and support
- Opportunities to meet with other carers

We support you to:

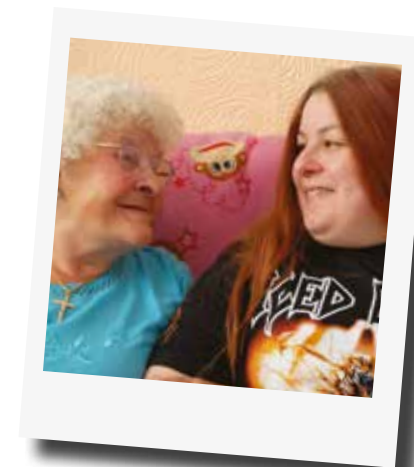
- Understand your rights and choices
- Look after your well being
- Continue in your caring role for as long as you want to do so



What carers say about us

“ It's such a relief to discuss my problems in caring for my mother with someone who understands my difficult situation ”

“ This service is a lifeline. It enables me to get out, knowing my husband is in safe hands ”



Contact us

If you want to find out more about what we do, or just have an informal chat, give us a call on **03000 120 120 (option 3).**

You can find more information about us on our website **www.alliancehomesgroup.org.uk**