Do you Support Someone?

If you provide support to a family member, partner, friend or neighbour who cannot manage without help because of illness, disability, mental ill health or ageing, you are a carer, even if you don't think of yourself as one.

You might do some of the following:

- Preparing meals
- Checking in to see how they're doing
- Taking them to appointments
- Collecting prescriptions
- Helping with personal care
- Providing emotional support in person or on the telephone
- Organising or preparing medication

Whether you provide a little support or a lot, your help makes a real difference. If someone relies on you to help them manage day-to-day life, you are a carer.

At **Gloucestershire Carers Hub,** we're here for anyone who looks after or supports another person. It doesn't matter how many hours you provide care or support, or how long you've been supporting someone. You can register with us free of charge and access personalised support tailored to your needs.

Our friendly and experienced local team is here to make sure you have the information, guidance, and support you need, as well as the opportunity to focus on your own wellbeing.





Why register with Gloucestershire Carers Hub?

By registering with Gloucestershire Carers Hub, you'll gain free access to information, advice, guidance and support to help you in your caring role. Whether you're new to caring or have been supporting someone for years, we're here to help.

Being registered can also connect you with other carers, helping you share experiences, build confidence, and access support in a safe and welcoming environment.

The Carers Hub provides a place where you can feel listened to, valued and supported, while finding practical help for any worries or challenges you may be facing.

How can Gloucestershire Carers Hub support me?

We offer a range of services, including:

- Information, Advice and Guidance (IAG) from our friendly Triage Team
- Wellbeing support
- Signposting and referrals to other services
- Contingency planning support
- Benefits and financial advice
- Carer's Assessments, support planning and reviews
- Access to support groups and peer networks
- Training, workshops, social events and activities
- Access to the Carer Aware Discount Scheme
- Professional counselling services
- Peer support
- Employment and workplace support

Think our support could help you or someone you know?

Get in touch to find out more about the services available by calling 0300 111 9000
or visit www.gloucestershirecarershub.co.uk
Email: carers@peopleplus.co.uk

SCAN ME