

# Information to Help You: Factsheet 9

## CARERS INFORMATION

Under the Care Act (2014) all Carers are entitled to an assessment in their own right.

**Carers Together** - provides free information and advice to anyone who cares for an Adult living in the Middlesbrough area. They provide a wide range of support services that aims to ease the burden of Caring as well as being able to sign-post to other specialist agencies. For more information telephone 01642 488977

### **Middlesbrough & Stockton MIND Mental Health Carers Support Service**

If you are aged 18+ and care for a person living in Middlesbrough with mental health difficulties the Middlesbrough & Stockton MIND Carer Support Service can provide help and advice. For more information telephone 01642 257020 or visit [www.middlesbroughandstocktonmind.org.uk](http://www.middlesbroughandstocktonmind.org.uk)

### **The Junction Young Carers Project**

Is a service for children and young people aged 5 to 18 years living in Middlesbrough and who are caring for a family member or friend. The Junction provides information and advice, emotional support and group activities for young carers. For more information telephone 01642 756000 or visit [www.thejunctionredcar.com](http://www.thejunctionredcar.com)

### **Branches Carers Group**

Is a peer led support group for people who are affected by a loved one's substance misuse issues. They offer a forum where you can talk to others who are, or have experiences similar to your own. The group is run by volunteers who are dedicated to doing their best to support you. For more information telephone 07742090608 or 07934104283

### **Carers Emergency Card**

The Carers Emergency Card is a small plastic card that shows you are a Carer and also has emergency telephone numbers for Social Care who in an emergency, could arrange appropriate support services for the person you care for along with contacting your next of kin. For more information telephone : 01642 488977 (Carers Outreach Services) .

## Local Services and Local Carer Support Groups

Local Agencies and Carer Support Groups can be found on the Middlesbrough Matters website: [www.middlesbroughmatters.co.uk](http://www.middlesbroughmatters.co.uk)

## Support from National Services

The following National Agencies can provide information and advice for carers:

- Carers Direct – 0300 1231053 [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)
- Carers UK – 0808 8087777 [www.carers.uk.org](http://www.carers.uk.org)
- Who Cares Trust - [www.thewhocarestrust.org.uk](http://www.thewhocarestrust.org.uk)
- The Princess Royal Trust – [www.carers.org](http://www.carers.org)
- The Department of Health website has a page to help carers – [www.dh.gov.uk](http://www.dh.gov.uk)

**Carers UK** offer online support as well as Carers Forum Chats. To register visit [www.carersuk.org](http://www.carersuk.org)

**Just Visiting** - a free secure and confidential online service where carers can keep up to date and in touch with people they care for supported by NHS Direct and NHS Choices. To register visit [www.justvisiting.com](http://www.justvisiting.com)

**Talking Therapies** – provides support to help Carers talk through experiences

- **Tees, Esk & Wear Valleys NHS Trust – Talking Therapies**  
01642424030 / 08008048155 or visit [www.tewv.nhs/talkingtherapies](http://www.tewv.nhs/talkingtherapies)
- **Talking Matters - Mental Health Matters** 03003305470 or visit [www.takingmatters.com](http://www.takingmatters.com)
- **Open Mind Therapies- Middlesbrough & Stockton MIND**  
01642 257025 or visit [www.middlesbroughandstocktonmind.org.uk](http://www.middlesbroughandstocktonmind.org.uk)

**You can get a copy of these fact sheets by**

visiting [www.middlesbrough.gov.uk](http://www.middlesbrough.gov.uk), contacting your Social Worker / Care Manager, visiting the Central / Local Library.

If you would like to comment on the Factsheets please ring 01642 728305

For more information on services which may be able to help visit:

<https://www.middlesbroughmatters.co.uk>

**All information was correct at time of print (07/07/16)**