

## **OTHER RESOURCES FOR CARERS**

### **Mental Health Carers' Support Groups**

There are many local specialist Mental Health Carer's Support Groups, which will give you as a carer:

- An opportunity to meet other Carers
- Support, advice and a listening ear
- An opportunity to exchange information concerning local and national resources
- A forum for the exchange of information about specific problems and conditions
- Days out and leisure activities

To find out about local groups contact your local Carers' Assessment Worker

### **Carers' Support Groups**

There are also many other support groups for Carers across Somerset. To find out about your local group contact your Carers' Support Worker or Signposts on 0800 317220

### **Counselling Service for Carers – "Care First"**

This service is FREE and CONFIDENTIAL to all Carers in Somerset. Carers can self-refer by phoning Care First on 0800 174319. This service also provides a 24-hour, 7-day a week counselling support line

### **Carers' Breaks Scheme**

If you are a carer of an adult under 65 with a mental health problem, you may be able to have a break or a holiday with or without the person you care for.

For further details please contact your local Carer's Services Development Co-ordinator on (01749) 836606 or 07774 207458

### **"Somerset Carers' Network"**

Somerset's newsletter for mental health carers. Available from 01278 432000 or [www.somersetcarers.org](http://www.somersetcarers.org)

## **Carers' Education courses**

There are many and varied courses that run for carers. For further information please visit our website or contact you local Carers' Assessment Worker for further details

## **"Sitting Service"**

The sitting service enables carers to take a break, time off, with peace of mind. The sitting service provides fully trained staff to care for people with a mental health problem or other disability. This service is available on a regular or on an occasional basis on any day of the week between 8.00am and 11.00pm. Sessions may last from 2 hours up to a maximum of 8 hours each day.

For further details contact your CAW  
or Somerset Direct 0845 345 9133 or [www.somerset.gov.uk](http://www.somerset.gov.uk)

## **Community Transport Services**

Provides community transport services for disabled, older and socially isolated people

Mendip	(01749) 330100
Sedgemoor	(01278) 434881
South Somerset	(01935) 411572
Taunton	(01823) 331266
West Somerset	(01643) 707848