

Supporting Carers



Information about the carers wellbeing workers

The Carers Wellbeing Team

The aim of the service is to ensure carers of older people and people with learning or physical disability have support to enable them to maintain their caring role, reduce the impact of caring wherever possible and support the carer to have a life of their own, for example to participate in social activities, have access to peer support and where appropriate, a break from caring.



**Nicola Harmon &
Tina Hooper**

**Angie Hunt &
Sue Boon**

We are the carers wellbeing team who are here to provide a dedicated support service. Anyone can refer to our service including carers themselves



- **Specialist advice, information and signposting on a range of carers support services. We also provide practical and emotional support.**
- **All carers registered with us receive a mailshot of information quarterly, about events, information and trips for carers.**
- **We provide weekly, monthly, 6 monthly or yearly contact with carers by telephone or home visits depending on their needs.**
- **At times of family crisis we can provide additional support as required.**
- **We also work in partnership with other professionals, care homes and supported living to make sure that carers and the person they are caring for are supported to maintain good health and wellbeing.**
- **We support the carer where the cared for has moved to, or is in the process of moving into a care home or supported living.**

For further information or to make a referral please contact:



01472 571 120



Address
**Carers Wellbeing Team
Queen Street Centre
Grimsby
DN31 1QG**



Email
CPG.ALDS@nhs.net

