

Information for Unpaid Carers

'In Somerset you are considered to be a 'CARER' as opposed to a 'Paid Carer' or 'Microprovider', if you give up your time without pay, to look after a family member, a friend, or a neighbour who is ill, frail or has a disability. You can be a parent carer, a young carer, or care for an older person or other adult with care needs.' An Unpaid Carer can be in receipt of a Government allowance or benefit and still be an unpaid Carer.

<p>Community Council for Somerset (CCS) - Hospital, Community and Village Agent Support</p>	<p>CCS Village and Carers Agents are brought to you by the Somerset Charity CCS. CCS Village and Carers Agents provide confidential, practical community-based solutions for you wherever you are in Somerset.</p>	<p>Village Agent referrals and information: https://somersetagents.org/ 01823 331222</p> <p>Carers Agent referrals and information: https://somersetcarers.org/ Advice line: 0800 31 68 600</p>
<p>Somerset Carers Service (Part of the CCS)</p>	<p>Receive support from Somerset Carers for free if you regularly look after someone in an unpaid caring capacity, this may be a family member or friend. Somerset Carers can support you with advice and guidance. You can refer yourself or another person to Somerset Carers, just contact our friendly team.</p>	<p>Website, search HUB, forum and resources: https://somersetcarers.org/ Email: Carers@somerstrcc.org.uk Advice line: 0800 31 68 600</p>
<p>Somerset Carers Support Groups</p>	<p>Carers groups are led by volunteers who offer empathy and signposting to advice and resources that can make life easier. Have your voice heard, enjoy guest speakers, take a break from caring responsibilities. Some groups have sub-groups running at the same time for the person you care for. Online Carer Support Groups also available.</p>	<p>Please find all group listings here: https://somersetcarers.org/carers-groups/</p> <p>For further advice and information please contact: 0800 31 68 600</p>

		We advise contacting the group leader/volunteer ahead of your first visit to ensure no amendments have been made to the groups date/time and that you are warmly welcomed.
Somerset Carers, Wincanton & Bruton Carers Support Group	Meets at the River Cale Café, The Recreation Ground, Cemetery Lane, Wincanton. Every 2 nd Tuesday of each month at 2pm.	Just drop in and ask at the counter for The Carer's Support Group.

GP Practices in Somerset have either a Carers' Champion and or Health Coach who can help and guide you in your caring responsibilities. Ask for your records to be updated with your Caring role. Some GP Practices offer priority services and additional support to Carers, for example 'Flu Vaccinations.