

CONTACT DETAILS

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MRC Community Action is the new name for NWLCVS
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*It is important
that the carer
recognises the
level of care
they are
providing and is,
therefore, able
to access the
help that is
available to them*

North West Leicestershire



Caring about Carers

*North West
Leicestershire*
**CARERS
INFORMATION
SERVICE**

*Caring about
Carers ...*



Who is a Carer?

A carer is someone who has the responsibility for providing or arranging care for someone else who, owing to long term illness, disability or old age, is not able to look after themselves. Most often this is a relative, friend or neighbour.

The carer gives her/his free time and very often has to provide supervision, emotional support, nursing and/or personal care to the cared for person. The list is really endless but quite often, even if the person is providing this level of care, they still do not recognise themselves as a carer

The NWL Carers Information Service supports carers regularly at Drop In sessions in Ibstock & Coalville as well as holding events at local libraries and community locations in and around the district. These meetings are informal, friendly and information sharing meetings.

The Project's role is to provide information, guidance, support and help to access the appropriate services to anyone looking after a relative or friend who is sick, disabled or elderly, including:



- Assisting carers groups in any way
- **FREE** quarterly newsletter, covering local and national carers issues
- **FREE** carers information pack
- Grants
- Organised local trips out
- Training events
- Links to Money Advice Workers
- Taster sessions in holistic treatments, relaxation skills
- Information on local community transport
- Information on carers assessments

CARERS FORUM

The Carers Forum is held quarterly at the Marlene Reid Centre in Coalville. The Forum enables carers to meet regularly and raise issues with service providers. It gives service providers the opportunity to interact and discuss issues that are important to carers. It also gives carers the opportunity to meet other carers over a cup of tea and share experiences, or get a much needed break from their daily role.



If you would like more information and receive regular copies of the Carers newsletter please telephone or email us.

We look forward to hearing from you !