

## How to contact and register with the Carer Support Service

☎ 028 9504 2126

✉ CarerSuppSvc@belfasttrust.hscni.net

🌐 <https://belfasttrust.hscni.net/service/carers-services/>

Register here



Belfast Health and  
Social Care Trust

caring supporting improving together

Visit our website



## Do you care for someone?



## Carer Support Service - what carers say about us

*"The events I have attended were so helpful for me to just enjoy focusing on things that were so beneficial to my mind, body and soul. I depend on these sessions for my mental health"*

*"I appreciated the peer and Carer Support Groups. The Carer Team staff were so compassionate. I felt seen, understood and less isolated"*

*"Feeling that I'm not alone, having fun, enjoying the time out from our caring duties"*

*"The Carers list was a great way to keep me informed."*

*"The programme of activities is brilliant. There's something for everyone".*

## Services for Carers

## Who are we?

The Carer Support Service is part of the Belfast Health and Social Care Trust (BHSCT). We are here to support carers of all ages, as we recognise and value all that you do. You are a carer if you are regularly supporting a family member, or friend who is unwell, frail, living with a disability or a mental health condition. This could be a child, adult or an older person.

## Here are supports available for carers in the Belfast HSC Trust



## We also:



Invite you to register with the Carer Support Service to keep you up to date with support opportunities, activities, information, courses, community events and send you Newsletters.



Issue a Carers ID card to recognise your unpaid caring work. It may also help you gain discounts and easier access to public venues, events and attractions.



Link young carers to support and available services. A young carer is aged under 18. For further information refer to:

<https://www.nidirect.gov.uk/articles/young-carers>



Offer opportunities for you to have a say in our work or get involved to plan and shape our services in the future so they are carer focused.

## We can tell you how a Carers Assessment may help you and how to access this

Caring for others can have such a big impact on your life. The law says that a person who provides a regular and significant amount of care for a person has a right to an assessment of their needs as a carer (a Carers Assessment). The purpose is to help you identify what your carer needs are and look at what support you might need in your caring role. A Carers Assessment is not linked to carers receiving benefits or allowances. For further information refer to:

[www.nidirect.gov.uk/articles/overview-carers-rights](http://www.nidirect.gov.uk/articles/overview-carers-rights)

You can meet with a BHSCT member of staff to talk about your caring situation and what you may need help with. This can include:

- ✓ The care and support you are providing
- ✓ How the caring role affects your physical health and emotional well-being
- ✓ What you find difficult at this time and what support you may need to continue caring
- ✓ Any concerns that you may have about the future
- ✓ Developing a carer support plan in partnership with you

## How do you access a Carers Assessment?

You can access a Carers Assessment through a Key Worker in the BHSCT. If you do not have a Key Worker please contact the Carer Support Service and we will make a referral for you.