

Carers Service

Great Yarmouth and Waveney Mind

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@MindGYW



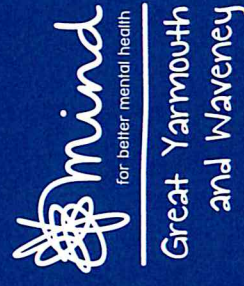
Great Yarmouth
and
Waveney Mind



gywmind.org.uk



Carers Service



What is a Carer?

Are you a carer? You may not think you are a carer but if you support a family member, your partner, friend or neighbour with their mental health issues then this service is relevant to you. A carer in this instance is anyone over the age of 16 who lives in the borough of Great Yarmouth and Waveney, caring for some one aged over 18.

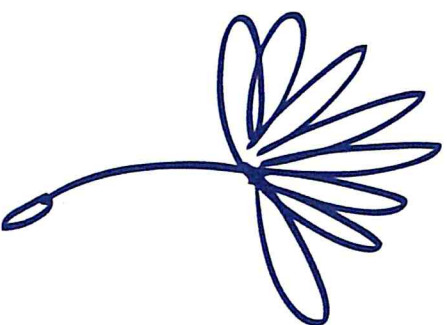
Caring for someone else can often be demanding and you may experience isolation, feelings of being overwhelmed, stressed etc. If this is the case then you are not alone and we can provide you with a range of support.

Our Carers support service:

We offer support with the following:

- One to One support
- Access to a 'carers assessment' where appropriate
- Accessing a direct referral to DWP
- Carers Grants and other funding
- Information and access to local peer support groups
- Accessing courses
- Assist carers to access voluntary roles increasing confidence, self esteem and mental wellbeing whilst combating social isolation

- Helping carers with personal development by identifying relevant training which will enhance their wellbeing and support them in their caring role.
- Offering carers a safe environment where they can create their own support network and share their stories with others in a similar position
- Information, advice and guidance
- Sign posting to various specialist agencies for support
- Promote independence, build confidence and enable carers
- Provide carers activity programmes, dependent on funding, which is person centred



To access the Carer Service you need to fill out a referral form
Phone Reception on: 01493 842129
for a referral form.
Or you can download a referral form from our website:
www.gywmind.org.uk