

Carers help sheet

Balancing work with care responsibilities can be challenging but there are resources both internally and externally that can offer help and support. Remember you are not alone – you may suddenly find yourself in the role of carer or have been a carer for many years.

General care guidance

You may want to consider a flexible working pattern and you can discuss this with Employee services on 0117 34 2500 (ext. 25000 option 3)

For information on all aspects of caring including benefits, services, carers assessments and combining caring and employment can be found at

www.nhs.uk/carersdirect/Pages/CarersDirectHome.aspx or call 0808 802 0202

www.carersuk.org or call 0808 808 7777

Childcare

Information on benefits and tax credits can be found on the government site or by phoning the tax credit helpline on 0345 300 3900.

www.gov.uk/browse/benefits

Information on childcare services can be obtained from the child care team on 0117 342 3749 or

email childcare@uhbristol.nhs.uk

Family fund is a national charity providing grants for disabled children and can be contacted on 0844 9744 099.

Macintyre is a national charity offering support and care for adults and children with learning disabilities. They can be contacted on 01908 230 100 or email

customer.solutions@macintyrecharity.org

Eldercare

In addition to the main carers groups, you can also access Age Uk at www.ageuk.org.uk or call 0800 169 6565.

The red Cross offer home care, medical equipment and transport and can be accessed at www.redcross.org.uk/What-We-Do/Health-and-social-care/Social-support-in-the-UK or call 0844 412 2804

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