

CARER WELLBEING CHECK AND ASSESSMENT

Sandwell Carers Service advisors may offer you a 'Carer Wellbeing Check'.

This is a quick and effective way of finding out how your caring role may be affecting different aspects of your wellbeing – be it physical, mental, emotion and or financial.

Our advisors can then support you to plan and take steps that will make a positive difference in your life and lessen the burden of caring. We like to repeat the 'Carer Wellbeing Check' to see if you are making progress and to check the support is making life a little better.

We can support you at any stage of your caring journey and with any level of need or communication need.

To register with Sandwell Carers Service, please scan the QR code and complete the online registration form



Where you can find us

Address:

St Albans Community Centre
St Albans Road, Smethwick. B67 7NL

Pre-book an appointment to speak to one of our friendly advisors, for support with your caring role.



Call: 0121 798 2372

Carer drop-ins: Tuesday - 10AM– 1PM

We also have regular drop-in sessions in the following locations:

- Oldbury
- Tipton
- Rowley Regis
- Wednesbury
- Smethwick
- West Bromwich



forwardcarers.org.uk

Sandwell Carers service is managed by Forward Carers. Forward Carers is an award-winning social enterprise that prides itself on making a real difference to Carers. We work in partnership with other locally based not-for-profits and businesses to make communities 'Carer-Friendly'.



@SandwellCarersService

This service is funded by:



delivered by:



CARING FOR A FAMILY MEMBER OR FRIEND?

If you look after someone because they couldn't manage without you, you're a Carer, **we're here to help.**



0121 798 2372



sandwellcarers.org.uk



info@sandwellcarers.org.uk

If you'd like to read this leaflet in a different language scan the QR code



ARE YOU A CARER?



Carers support family members & friends in many ways...



Personal Care



Household Chores



Emotional Support



Physical Assistance



Finances



Communicating



Health

FREE SUPPORT



Sandwell Carers Service offers a range of Free support:

- Get a Carer ID Card
- Information and Advice
- Join local events and peer support
- Receive our latest updates and info
- Financial and practical support
- Emergency and future planning
- 1:1 Help – Speak with someone for guidance, signposting or a listening ear.

Visit our What's On page here by scanning the QR code and see what support groups & events are available in your local area. Or visit our website at sandwellcarers.org.uk/whats-on



CARER ID CARD



The Carer Friendly ID Card is available for FREE to all unpaid Carers who are registered with Sandwell Carers Service.

What is the Carer Friendly ID Card?

The Carer Friendly ID Card is the easiest way to verify you're an unpaid Carer when out and about, without the need to carry confidential paperwork. You can use either the physical or digital version in situations such as:

- When asked for proof you are a verified Carer
- In healthcare settings to be included in medical planning for your cared for
- Wanting to be recognised as a working Carer and request additional support at work

Sign up for your FREE Carer ID



YOUNG CARERS



Under 18 and caring for a family member or friend?

A Young Carer is someone aged 18 or under, who helps look after someone with a condition that means they cannot support themselves without that help. Young Carers often take on the practical and emotional responsibilities that would normally be expected of an adult.

Sandwell Young Carers provides:

- Individual support and casework
- Group activities and trips
- Holiday programmes and clubs
- Help with school, college or employment
- Wellbeing and mental health support

Scan this QR code to register as a Young Carer to access wider opportunities and resources.



PARENT CARER SUPPORT



Are you a parent of a child aged 4-25 with additional support needs?

We have support, advice, training and groups aimed at improving your wellbeing and expanding your knowledge to assist you in your caring role.

- Support groups
- Training sessions
- Carer Wellbeing Check

Scan the QR Code to find out more



YOUNG ADULT CARERS



Aged 18- 25 and caring for someone?

A Young Adult Carer is aged between 18 and 25. You may be juggling caring responsibilities with work or college/ university or a job. We can help you achieve your full potential by offering:

- School & College drop ins
- Information & advice
- Help transitioning into the adult Carer Service
- Groups

Scan the QR code to register as a Young Adult Carer and begin accessing support

