



somerset
carers
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CHRISTMAS FOR CARERS



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Plan

Agree

Ask for help

Get a break, if you can

Talk to other Carers

Check Christmas opening times

Stay warm and well

Keep calm and relax



TOP TIPS FOR CARERS THIS CHRISTMAS

Caring for someone can be very rewarding but is undoubtedly very hard work, Christmas can bring a whole new set of challenges.

Here are a few ideas to help you during the festive season



PLAN

It's never too late to try and plan as much as you can in advance, this is particularly useful if the person you look after likes or needs routine.





AGREE

Chat with family and friends about your Christmas plans and also discuss any worries you have.

If everyone agrees on what is going to happen over the festive season it can help reduce conflict, alleviate stress and make things run more smoothly.





ASK FOR HELP

As a Carer it's important you try and get a rest over Christmas too.

If you've got friends and family who could help, even for a couple of hours, don't be afraid to ask them.

Many people don't realise the impact caring can have but may be able to offer support if you explain.





GET A BREAK IF YOU CAN

If you haven't got anyone who could help, contact our advice line on 0800 31 68 600 and we will try and support you with finding a micro provider.





TALK TO OTHER CARERS

If it's not possible for you to get a break, you may be able to get comfort and support by talking to other Carers in the same situation.

See our website for a list of Carers groups, both online and in person:

<https://somensetcarers.org/carers-groups/>





CHECK CHRISTMAS OPENING TIMES

Some local and national services are limited over Christmas so you and the person you look after may find it harder to access support if you need it.

Try and find out in advance which local services will be available.

Think too about pharmacies and GPs surgery opening times to make sure you've got all the medication you need to see you through to the New Year.





STAY WARM AND WELL

It's important for you both to stay healthy and warm all through the winter.

Watch Talking Café recordings on our website for tips on staying warm and healthy eating, use the drop-down to search by subject:

www.somersetagents.org/talking-cafes-live

and don't forget to make sure your oil tank is topped up - join our bulk buying group for savings: www.ccslovesomerset.org/oil/

Please let your local Village Agent know if you are struggling to heat your home.





KEEP CALM & RELAX

We know it's easier said than done, but try to relax as much as you can.

We have some great Talking Café lives on our website to help with relaxation and wellbeing.

www.somersetagents.org/talking-cafes/talking-cafe-live-sessions/





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SOMERSET CARERS BOUGHT TO YOU BY CCS - THE COMMUNITY COUNCIL FOR SOMERSET

Somerset Carers is commissioned by Somerset County Council and NHS Somerset to deliver support to unpaid Carers.

We do this through our army of Village and Community Agents. Anyone over 18 that looks after someone in an unpaid caring capacity can receive support from Somerset Carers for free.

You can refer yourself or, with permission, you can refer another person to Somerset Carers by calling 0800 31 68 600.

You could be looking after a loved one, friend, partner, parent or child (it doesn't matter if they are under or over 18) on a regular or irregular basis.

ONE FAMILY: ONE AGENT



CCS
people • place • enterprise

In Partnership with:



NHS
Somerset
NHS Foundation Trust

SPARK
SOMERSET
INSPIRING COMMUNITIES

**Somerset
Integrated
Care System**



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SOMERSET CARERS

Carers Helpline or register with us:

0800 31 68 600

carers@somersetccc.org.uk

Somerset Carers - a resource for Unpaid Carers

www.somersetcarers.org

Follow us on Facebook or Twitter:

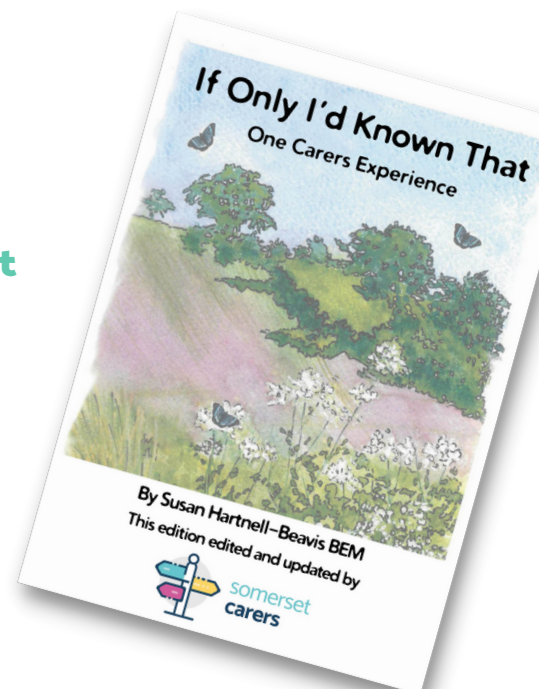
www.facebook.com/somersetcarers

www.twitter.com/somersetcarers

Village & Community Agent dedicated website

www.somersetagents.org

Order your FREE copy of *If Only I'd Known That* - a book written by a Carer for Carers, or our service flyer. Email carers@somersetccc.org.uk





QUICK REFERENCE USEFUL WEBSITES AND CONTACT NUMBERS

	WEBSITE	TELEPHONE
SOMERSET CARERS WEBSITE	<p>www.somersetcarers.org</p> <p>Visit the Carers Hub for a huge directory of local support and resources, searchable by condition.</p>	0800 31 68 600
SPARK CARERS GROUPS	<p>https://somersetcarers.org/carers-groups/</p> <p>Email: cath.holloway@sparksomerset.org.uk</p>	Cath Holloway 01458 550973
CARERS UK	<p>www.carersuk.org</p>	020 7378 4999
CITIZENS ADVICE	<p>www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support/</p>	03444 111 444
NHS	<p>www.nhs.uk/conditions/social-care-and-support-guide/practical-tips-if-you-care-for-someone/</p>	111
SOMERSET DIRECT	<p>www.somerset.gov.uk/social-care-and-health/</p> <p>For Adult Social Care, Carers Assessments & Blue Badge Scheme - blue-badge@somerset.gov.uk</p>	0300 123 2224
SOMERSET NHS FOUNDATION TRUST	<p>www.somersetft.nhs.uk/carers-service-and-triangle-of-care/</p> <p>Support to unpaid carers and family members who look after people with mental health problems.</p>	01749 836 606
CARERS TRUST	<p>https://carers.org/</p>	0300 772 9600
AGE UK	<p>www.ageuk.org.uk</p>	0800 88 22 00