



somerset  
carers  
part of CCS

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## **CARERS WEEK 2022 - Visible, Valued and Supported**

Carers Week is the 6th – 12th June 2022. Somerset Carers, a free support service for unpaid Carers, has a week full of treats and activities especially for Carers in Somerset. This year's Carers Week theme is: **Visible, Valued and Supported**.

Caring for others is very rewarding, but can be challenging, overwhelming and lonely at times. In Somerset alone it is estimated there are over 66,000 unpaid Carers. Many people might not recognise that they are a Carer to another person, as they provide care out of kindness or love. Somerset Carers (provided by the Community Council for Somerset – CCS, and funded by Somerset County Council and Somerset NHS Foundation Trust) has a dedicated team of CCS Village Agents who support Carers.

What is a Carer? Have you ever wondered if the help you give someone else could count you as a Carer?

According to the NHS website, a Carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.

Somerset Carers are delighted to bring together an exciting programme of events for Carers Week 2022:

### **Carers Week Roadshow 6th - 10th June!**

Meet Fiona, the Carers Service Coordinator and pick up a goody bag! Find out how Somerset Carers can help at any and every stage of a person's caring journey by popping into:

Monday 6th June: Morrisons Yeovil, 10am - 2pm

Tuesday 7th June: Taunton Carers Group Wellsprings Community Church Café, 10am - 2pm

Thursday 9th June: Sainsbury's Frome, 10am - 2pm

Friday 10th June: Morrisons Glastonbury, 10am - 2pm

### **Talking Café Live!**

Join our online Talking Café on Wednesday 8th June. Fiona will be chatting to Cath Holloway from Spark Somerset, who co-ordinate Carers Groups across Somerset, and Alison a Group Leader and previous Carer, who shares her experience of being a Carer in Somerset. You can ask questions in the comments section and the team will answer during the live streaming session! 1pm on Facebook, You Tube or Twitter. Links can be found: <https://somersetagents.org/talking-cafe-live>.

### **Nominate a Carer to win!**

Carers give much to others and ask very little in return. Somerset Carers want to THANK Carers in Somerset with some AMAZING gifts.

These fabulous prizes are up for grabs – all you have to do is nominate yourself or someone else that you know cares for others to be in with a chance to win:

- Win one of two Facebook Portals – with training on how to use included!
- A pair of Day Tickets for the West Somerset Railway
- A pair of tickets for Dick Whittington at the Octagon Theatre, Yeovil (for Friday 16th December)
- A pair of tickets to Hestercombe Gardens
- Care As You Are DVD

Winners will be picked on Friday 10th June. Nominate here:

<https://somersecarers.org/news/nominate-a-carer/>

### **Somerset Skills and Learning (SS&L) Courses**

SS&L are taking part in Carers Week to raise awareness of and highlight the challenges for unpaid Carers, recognising the contribution they make to their families, local communities, workplaces and society by running a selection of workshops to help support Carers and make their lives a little easier.

The courses can be found here <https://www.sslcourses.co.uk/about/news/we-care-for-the-carer/>

### **Carers Groups Goody Bags**

Throughout June, Spark Somerset, a Somerset Carers partner, will be giving out goody bags at Carers Groups across Somerset. Find your local group here: <https://somersecarers.org/carers-groups/>

Keeley Rudd, CEO for CCS said: "We are delighted so many of our partners are working together to create this great Carers Week offer, it will be a fantastic week. We hope that many Carers pop into the roadshow, come along to a Carers Group, or tune into the Talking Café so they can get tailored support."

She continued "We want to spread the word that support is available for Carers, so if you know of someone that looks after another person, let them know about Somerset Carers."

To contact Somerset Carers, call the freephone advice line 0800 31 68 600. You can also visit the website [www.somersecarers.org](http://www.somersecarers.org) which has a live chat facility, newsletters and booklets for Carers in Somerset. Alternatively you can text CARER to 78070 and a Village Agent will call you back.

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**Contact the CCS Communications Team:**

Hannah Burbedge on 07495 177 175 [hannah@somersecarers.org](mailto:hannah@somersecarers.org)

### **Editors Notes**

CCS Village & Community Agents are in your communities across Somerset. They help to bridge the gap between isolated, excluded, vulnerable and lonely individuals and statutory and/or voluntary organisations which offer specific solutions to identified needs. They offer advice and support to find local groups and activities available in your community and help you with any issues you may have or situations that you need advice and support with, from finance, health, caring responsibilities and more. For more information, please visit [www.somersecarers.org](http://www.somersecarers.org) or our parent organisation's [www.ccslovesomerset.org](http://www.ccslovesomerset.org). For specific advice for carers, please visit [www.somersecarers.org](http://www.somersecarers.org) or call 0800 31 68 600 to find out who can advise you.

CCS (The Community Council for Somerset) is a leading local charity that works in the heart of Somerset's communities to inspire and enable positive change. Through its wide network of passionate local experts and diverse projects, consultancy and funding, CCS brings the right people and services together to improve the lives of individuals; building community capacity and support for emerging and existing enterprises right across the county – helping Somerset to thrive.

For more information visit <https://ccslovesomerset.org>