



somerset  
carers  
part of CCS



## Did you know the CCS Village Agent service includes support for Carers?

**ANY adult who  
cares for a  
family member  
or friend can  
request support  
for ANY issue.**



Freephone advice line for Carers  
**0800 31 68 600**



Dedicated Carers website where you can:

- + Search the Carers Hub for training and support
- + Join our online forum and chat with other Carers
- + Sign up for our regular Carers newsletter
- + Find your local Carers Group to attend
- + Find practical support guides



### Carer Aware

Somerset Carers is working to help Somerset be more **Carer Aware**, leading to a better understanding of the challenges Carers face, supporting them at work and home.



### Carers Groups

There are over 20 Carers support groups across Somerset, where you can have a cuppa and a friendly chat with people who understand. Often there is an activity for the person you care for.



### Working with your GP

Our Carers Co-ordinator works closely with GP practices and their Carers Champion. We provide training and a network of support to these professionals so they can share best practice, improving Carer care.



[carers@somersetccc.org.uk](mailto:carers@somersetccc.org.uk)



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[www.somersetcarers.org](http://www.somersetcarers.org)

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