

# Care For You



## Carer Support Service

A culturally responsive service designed to provide support to carers to manage their well-being while caring for a relative, partner or friend who is from an African and Caribbean background who is recovering from mental ill health.

0121 525 1629

Improving the lives of African & Caribbean people affected by mental illness in and around Sandwell and West Birmingham



Registered Charity Number **1082017**



## **Carers Support Service**

We aim to provide support to carers to maintain their well-being whilst caring for a relative, partner or friend who is from an African and Caribbean background who is recovering from mental ill health.

### **How is this achieved?**

The Carer Coordinator will help you to complete a Carer's Assessment to identify the areas in your life you would like to improve to enable you to continue in your caring role. The Carer Coordinator will help you to achieve your goals.

### **We can also support you in other areas:**

- To attend carers support meetings for emotional support and socialisation to share your experience of caring with other carers.
- Training and information about mental health illness and personal well being.
- Advice on Direct Payments, Short Breaks and other benefits.
- Signposting to other services for support and assistance in your caring role.
- Advice on stress management and coping skills.
- Support to work in partnership with health professionals
- Opportunity to network and build friendships

## Well-being

It is important to us that your well-being improves as a result of using this service. To monitor this you will be asked to complete a **Well-being Questionnaire** every month. Your scores on this questionnaire will tell us where you may be having some problems or where you are making progress. You and the Care Coordinator can look at ways to work through any difficult areas.



### To use this service you will need to be:

- Aged 16 or older.
- A carer for a relative, partner or friend who is from an African Caribbean background who is recovery from mental ill health.
- Resident in the Borough of Sandwell or W B'ham.

## Where to find us



### Transport

All buses into West Bromwich Bus Station  
Nearest Metro Station - Trinity Way

### Contact:

Sharon Hanson- Care Co-ordinator  
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