

'For many years I have benefitted from the Belfast Trust carer support services. I would not have been able to keep on caring without this invaluable practical support.'

### **Belfast Health and Social Care Trust Carer Co-ordinators**

The Belfast Health & Social Care Trust has two Carer Co-ordinators who work to develop support for family carers, across Adult and Children's Services. If you would like to speak to them about your caring role or have any other queries, please contact them as below.

If you care for an adult or child who has one of the following conditions: Physical, Sensory, Learning Disability or Autism please contact:

Lynne Calvert, Carer Co-ordinator,  
Grove Wellbeing Centre, 120 York Road,  
Belfast, BT15 3HF  
t: 028 9504 6108  
e: [lynne.calvert@belfasttrust.hscni.net](mailto:lynne.calvert@belfasttrust.hscni.net)

If you care for an older person or someone with mental health support needs please contact:

Margaret McDonald, Carer Co-ordinator  
3rd Floor, Arches Health and Wellbeing Centre,  
1 Westminster Avenue North, Belfast, BT4 1NS  
t: 028 9504 6702  
e: [margaret.mcdonald@belfasttrust.hscni.net](mailto:margaret.mcdonald@belfasttrust.hscni.net)

The information on this leaflet does not replace professional advice or speaking to a healthcare professional. If you require this information in larger size or in a different format please contact one of the Carer Co-ordinators.

Issue date: June 2015  
Review date: June 2016

BT15-1159



# SUPPORT



## Support Services for Carers

You are a carer if you are providing care for an adult or child who is ill, frail or has a disability.

Being a carer can affect your life in many different ways. It can be a positive experience and at times it can also be challenging. This leaflet tells you about the help and support we provide for carers of all ages.



### Carer Support Assessments

As a carer, you are legally entitled to an assessment of your own support needs. To find out more, contact one of the Carer Co-ordinators and ask for a copy of the Trust's Carers Support Assessment leaflet.

### Carer Support Services

There are a range of free support services available to carers of people living in the Belfast and Castlereagh areas. These include:

- Information and advice
- Complementary therapies
- Carer relaxation days
- Carer grants
- Educational courses to support you as a carer.

If you want to know more about what is available, please contact one of the Trust Carer Co-ordinators or go to the carers section of the Trust website at <http://www.belfasttrust.hscni.net/services/CarersInformation.htm>

Alternatively please contact one of the Trust Carer Co-ordinators and ask for a Carers pack to be sent to you.

### Help for Young Carers

If you have a younger member of your family who helps with caring, they too are entitled to an assessment of their support needs. To find out more about how to arrange a young carer assessment and what support services are available for them in Belfast, please contact one of the Carer Co-ordinators.

### Belfast Health & Social Care Trust Carer Information List

If you would like to hear about new services, carer events or information on carer support, just complete and return the tear-off section. Your name will then be added to the Carer Information List.

Your details will only be used for the purposes stated and will not be shared with other agencies. The Belfast Trust has an obligation to ensure any recorded personal information is accurate and kept up to date. If your contact details change, please let us know. If at any time you do not wish your details to be held please contact us. Please complete and send this form to the disability specific Carer Co-ordinator.



### Carer Information List

I would like to be added to the Belfast Trust Carer Information List

(Please print)

Title \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Date of birth \_\_\_\_\_

I care for

- A child aged 17 yrs or less  
 An adult aged 18-64 yrs  
 Or 65 yrs or more

My main caring interest is

- Physical  
 Sensory  
 Learning disability  
 Mental Health/Illness  
 Older/Frail  
 Dementia  
 Autistic Spectrum Disorder

Do you live with the person you care for?

Yes / No

Signed \_\_\_\_\_

Date     /     /

Now please complete and send this form to one of the Carer Co-ordinators.