

# Carers First



**Who we are** Carers First is the Carers Federation Adult Carer Support service for unpaid carers in Nottingham City.

**What we do** We support carers across all communities in Nottingham City who look after someone with an illness, disability, mental health issues or who is frail.

We offer emotional and practical support, providing information and access to relevant services, advocating on the carers behalf.

We also run monthly support groups and Free Caring with Confidence workshops.

**What's new or different?** We now offer Carers not in receipt of Social Care, Local Authority Carers Assessments.

If the cared for is not entitled to or does not want Adult Social Care involvement and the carer is struggling and needs a break **Carers First** can offer **free short term respite** for adult carers, which is provided by NCHA.

**Who is it for?** Unpaid carers 18+ living in Nottingham City

**How to find out more**

**Telephone** 0115 9629369

**Website** [www.carersfederation.co.uk](http://www.carersfederation.co.uk)