

**DO YOU LOOK
AFTER SOMEONE
YOU CARE ABOUT?**

**CARERS
TRUST**

Heart of England



SUPPORT FOR COVENTRY CARERS



The effects of the COVID pandemic have impacted us all and life may now look very different for people with caring responsibilities, especially those who are looking after someone that they care about for the first time.

Carers Trust Heart of England have introduced a new package of extra services, funded by **Coventry City Council**, which means that we can offer even more support to family carers in the city. This support includes:

- **Virtual support** to give carers a break whilst their loved one engages in activities developed to suit their interests and assisting them to learn new skills at our Virtual Day Centre which involves linking up with others online on a tablet or computer,
- **Carer Community Connection** to support carers to connect to the community by accessing and developing activities,
- **Digital inclusion for carers** by enabling carers to access IT equipment with one off-direct payments, developing a range of courses to support carers and also helping carers to use IT equipment,
- **Grief, loss and change support** via a series of carer-focused workshops with guidance and tools on dealing with difficult emotions following unwelcome change in your life or the person you care for (such as bereavement of a loved one, loss of employment or change of relationship) ,
- **Supporting working carers** by working with employers in Coventry which will look to empower carers to remain in the workforce,
- **Reducing carer hardship and poverty** by providing one-off payments to carers and sharing information and signposting to job coaches and financial advice,
- **Enhancing support for BAME carers** by ensuring BAME communities are enabled to access carers services and information,
- **Supporting Young Carers** if additional support is required as a result of Covid-19, their caring responsibilities and returning to school.

**FOR MORE INFO,
GET IN TOUCH**



EMAIL: contactus@carerstrusthofe.org.uk

TELEPHONE: 02476 632972

WEBSITE: www.carerstrusthofe.org.uk



**CARERS
TRUST**
Heart of England

