

# Support for Carers in Barnet



This guide provides an overview of the range of services and support available for carers who look after someone living in the London Borough of Barnet.

A carer is a person who is unpaid and looks after and / or supports someone else who needs help with their day-to-day life because of reasons such as their age, a long-term illness, disability, mental health illness or substance misuse. This guide is intended to provide you with information about:-

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This guide does not contain an exhaustive list of what support is available but contains helpful information. For more information about support which may be of benefit to you visit:

<https://www.barnet.gov.uk/citizen-home/adult-social-care/welcome-to-carers.html>

[Barnet Community Directory](#)

## 1. Barnet Carers Centre

[Barnet Carers centre](#) (020 8343 9698) is our lead provider for carers and young carers support services within the borough and a network partner of the Carers Trust.

The Centre works with the council to act as the primary source for advice, information, emotional and practical support for all carers supporting someone with care or support needs in Barnet as well as a wide range of services and activities for carers, mainly free of charge. For full details of the support available visit [Barnet Carers centre](#) and to see a full list of upcoming events and activities being delivered visit the [Barnet Carers Centre events and activities](#) web page.

### Information and advice

- Adult Carers Helpline
- Appointments and Drop Ins
- Signposting to relevant local and national organisations and services
- Regular E-Bulletin and twice-yearly Carers Voice magazine

### Emotional support

- Informal support over the phone or at drop in sessions
- Counselling sessions by appointment

### Employment support

- Support to understand your employment rights
- Support to return to work
- Employment, training and volunteering opportunities

### Workshops

- First aid
- Mindfulness
- Manual handling
- Mental health
- Benefits overview

### **Health, wellbeing and social activities**

- Monthly relaxation days and evenings, and meditation sessions
- Leisure Pass – see further details in Health and Wellbeing
- Film nights; outings and activities
- Possible financial support (via Carers Trust Fund)
- Creative writing sessions

### **Practical support**

- Trained care workers available through the Centre's Community and Home Support Service (fees apply)
- Emergency Plans

### **Support groups**

- Drop-in Carers Group
- Peer Support Carers' Coffee Mornings
- Former Carers Group
- Monthly support groups for cancer carers and mental health carers
- Dementia support groups for carers

### **Carers Forum**

- The Carers Forum, supported by the Carers Centre and led by Carers, enables local carers to share information, raise issues and network. It meets four times a year.

### **Support for young carers**

- Clubs, outings, mentoring
- School support groups, individual one-to-one sessions
- Workshops for young adult carers

### **Volunteering opportunities**

Develop skills and talents while supporting the Carers Centre and local carers.

## 2. Information, Advice and Advocacy

Having access to good information and advice can be an important tool in helping you to make informed choices, knowing what services are available to support you and to help you to maintain your own health and wellbeing.

Service Description	Details	How to access support	Contact
<b>Information and advice</b>	Information and advice that may support you in your caring role including information on carers assessment and other practical support and services that may be helpful to you.	For information, advice, support and guidance please contact <a href="#">Barnet Carers Centre</a>	<a href="#">Barnet Carers centre</a> Tel: 020 8343 9698 Email: admin@barnetcarers.org
<b>Information and advice</b>	Barnet Council can provide you with information and advice about how to access assessments, telecare and on other practical support and services that may be helpful to you	For information and advice please contact Adults and Communities Social Care Direct or visit our <a href="#">Adult Social Care Web Pages</a> .	<b>Social Care Direct</b> Tel: 020 8359 5000 Email: socialcaredirect@barnet.gov.uk
<b>Specialist information, advice and advocacy on care and support</b>	Funded by the London Borough of Barnet, a free and impartial service run by Citizens Advice Barnet in partnership with <a href="#">Advocacy in Barnet</a> and <a href="#">MIND in Barnet</a>	Support available online, via telephone support, through booked appointments and through drop in Sessions	<a href="#">Barnet Citizens Advice Bureau</a> Telephone Helpline:- 0300 456 8365 (Monday – Friday 9:30 am – 4:00 pm and until 7.30pm on Wednesdays)  <b>Face to Face Services:-</b> <b>Hendon Hub</b> , 40-44 Church End, Hendon NW4 4JT Monday – 9.30 am -12.00 pm Drop-in Tuesday – Pre – booked appointments only Wednesday – Pre – booked appointments only Thursday – Pre – booked appointments only Friday – 9.30 am – 12.00

			<p>pm Drop-in</p> <p><b>New Barnet</b>, 30 Station Road, New Barnet EN5 1PL</p> <p>Wednesday – 9:30 am – 12:00 pm Drop-in</p>
<p><b>Dementia Advisor Service- Providing advice and support to people with dementia and their carers</b></p>	<p>Information and advice, including signposting to local services, such as care or support services.</p>	<p>Support is available in various locations throughout the borough. For further details please contact the Alzheimer's Society Barnet - Mon to Fri, 9am to 5pm</p>	<p>Contact: Alzheimer's Society Barnet Edgware Community Hospital Burnt Oak Broadway Edgware HA8 0AD Tel: 020 8937 7171 Mobile: 07889 603708 Email: <a href="mailto:Barnet@alzheimers.org.uk">Barnet@alzheimers.org.uk</a> Mon to Fri, 9am to 5pm</p>
<p><b>Carer direct website and helpline for help with the caring role</b></p>	<p>National website and helpline for carers providing advice and information on caring.</p>	<p>Calls are free from landlines and mobiles within the UK. The helpline is open from 9am to 8pm Monday to Friday, and from 11am to 4pm, at weekends. The helpline is closed on bank holidays. Information and advice can also be found via the website.</p>	<p>Call the Carers Direct helpline on 0300 123 1053 if you need help with your caring role and want to talk to someone about what options are available to you or visit the <a href="#">Carers Direct website</a></p>

### 3. Training

Training can help support you to build your skills and confidence in your caring role.

Service Description	Details	How to access support	Contact
<b>Mental health training - Carers caring for person with specific diagnosed mental health conditions</b>	Training on understanding diagnosis and skills and knowledge to care.	Through the Barnet Carers Centre  2 evening courses available i) Mondays 4 monthly sessions ii) Tuesdays 10 weekly sessions	<a href="#">Barnet Carers centre</a> Tel: 020 8343 9698 Email: <a href="mailto:admin@barnetcarers.org">admin@barnetcarers.org</a>  Mon – Thursday (9am- 9pm) Fridays (9am-5.30pm ) Saturdays once a month by appointment
<b>Manual Handling Training- Carers who undertake manual handling activities</b>	Training on how to carry out manual handling activities safely	Rolling programme. For further details of times please contact the Barnet Carers Centre.	<a href="#">Barnet Carers centre</a> Tel: 020 8343 9698 Email: <a href="mailto:admin@barnetcarers.org">admin@barnetcarers.org</a>
<b>Dementia training (CRISP1)- training for carers of newly diagnosed people with Dementia</b>	Training on understanding Dementia and coping skills and knowledge to help you care for someone with Dementia	This programme is run 4 times a year and the training provided comprises of half day sessions which are held over 4 weeks.	<a href="#">Alzheimer's Society</a> Tel: 020 8937 7171
<b>First aid training – training for carers on basic first aid</b>	Training on basic first aid (training provided by St Johns Ambulance)	Rolling programme. For further details of times please contact the Barnet Carers Centre.	<a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698 Email: <a href="mailto:admin@barnetcarers.org">admin@barnetcarers.org</a>
<b>Mindfulness training and workshops- available for all carers</b>	Introduction and sessions on mindfulness to support mental well being	For further details on times and availability please contact the Barnet Carers Centre.	<a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698 Email: <a href="mailto:admin@barnetcarers.org">admin@barnetcarers.org</a>
<b>Safeguarding and abuse – training and information</b>	Information sessions and training on safeguarding for carers. Areas covered include Carers reporting concerns, carers as victims or as potential perpetrators	Training arranged for Adults and Communities Workforce Development Lead. Sessions are held twice yearly (June and November) and open to all carers.	Adults and Communities Workforce Development Lead 020-8359-6390 <a href="mailto:asc.training@barnet.gov.uk">asc.training@barnet.gov.uk</a>

#### 4. Emotional Support

Having access to emotional support can be beneficial to your health and wellbeing. It can provide you with the opportunity to share your experiences with others, develop ways to deal with situations or just be an opportunity to talk about how you are feeling.

Service Description	Details	How to access support	Contact
<b>Informal emotional support</b>	Open drop in sessions that can provide you with time to discuss how you are feeling and what help and / or support may be beneficial to you	This is accessible via the Barnet Carers Centre during their opening hours.	<a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698 Email: admin@barnetcarers.org
<b>Counselling</b>	1:1 counselling sessions over a 12 week period.	This is available to carers with high level needs through Barnet Carers Centre. Booking is required to access this service (there may be a waiting list - please speak directly to the Barnet Carers Centre to find out the availability). Voluntary contribution of £12 per session.	<a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698 Email: admin@barnetcarers.org
<b>Improving Access to Psychological Therapies (<a href="#">IAPT</a>)</b>	Low level support for stress, anxiety and depression which is available to all carers.	To access support please make a Self-referral to IAPT	Tel: 020 8702 5309 Email: <a href="mailto:lets-talk-barnet@nhs.net">lets-talk-barnet@nhs.net</a>
<b>Wellbeing Hub</b>	Talking therapies, wellbeing in the community, information and advice	To access support please contact the Wellbeing Hub	Wellbeing Hub The Meritage Centre, Church End, Hendon, NW4 4JT 03333 449088 <a href="http://www.barnetwellbeing.org.uk/drupal/">http://www.barnetwellbeing.org.uk/drupal/</a>
<b><a href="#">Mind Matters</a></b>	Support for adults experiencing mild to moderate mental ill health	To access support please complete a self referral form on the web site	<a href="#">Mind Matters Barnet</a> 1st Floor Westgate House Edgware Community Hospital Burnt Oak Broadway Edgware HA8 0AD
<b>Barnet Carers Centre - coffee morning</b>	Carer support group	This is available to all carers through Barnet Carers Centre.	<a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698



		The group meet every Thursday morning from 10.30am-12.30pm	Email: <a href="mailto:admin@barnetcarers.org">admin@barnetcarers.org</a>
<b>Parkinson's Support Group- for carers of people with Parkinson's Disease</b>	An information, advice and support group for all carers of people with Parkinson's Disease	Held 1 <sup>st</sup> Tuesday each month, – Open access.	<b>Day Hospital</b> Edgware Community Hospital Tel: 020 8937 7150 9am-5pm
<b>Dementia cafés- for carers of people with dementia and people with dementia</b>	The cafés provide an informal and understanding environment for people living with dementia and their carers. They offer activities, an opportunity to meet others in a similar situation, to share information and experiences and provide an opportunity for you to get information and advice.	This is available to people with dementia and their carers and is a drop in service with <b><i>no booking necessary.</i></b>  Every first Monday of the month 1pm – 3pm at Lyonsdown Hall, 3 Lyonsdown Road, New Barnet EN5 1JB  Every last Friday of the month 10.30am – 12.30pm at The Eversfield Centre, 11 Eversfield Gardens, Mill Hill NW7 2AE  Every third Tuesday of the month 2pm – 4pm at Quarkers Meeting House, Golders Green, 17 North Square, Hampstead Gardens Suburb, NW11 7AG  Every second Wednesday of the month 2pm –4pm at Activity rooms, Ground floor, Finchley Memorial Hospital. Granville Road, Finchley N12 0JE	<a href="#"><u>Alzheimer's society, Barnet office,</u></a> Activity Rooms, Ground floor, Finchley Memorial Hospital, Granville Road, Finchley, N12 0JE Tel: 020 8937 7171 Email: <a href="mailto:barnetbranch@alzheimers.org.uk">barnetbranch@alzheimers.org.uk</a>
<b>Saracens Dementia Club- People living with dementia are welcome</b>	Each session aims to provide the person with dementia and	This is available to people with dementia and their carers and	Finchley Memorial Hospital Granville Road

<b>with their carers to attend.</b>	their carer with information, gentle exercise and fun activities in a social atmosphere.	is a drop in service with <b><i>no booking necessary.</i></b> Wednesdays weekly 2pm – 4pm	London N12 0JE <a href="http://cafe-dementia.co.uk/">http://cafe-dementia.co.uk/</a>
<b>JAMI - Supports carers of people in the Jewish community with mental ill-health</b>	JAMI can provide support and information and advice.	Each locality across the Jami service offers support according to carer needs. This may include: <ul style="list-style-type: none"> <li>• One to one support</li> <li>• Carer support group during the day or evening</li> <li>• Information and guidance</li> </ul> For more information please contact JAMI.	<a href="#">JAMI</a> Telephone:- 020 8458 2223
<b>Former carers support - Support group for people who are no longer caring</b>	Support group aimed at supporting carers who are no longer caring. The group aims to allow previous carers to share their experiences and share information and advice.	The group is available to former carers and regular meetings are held through the Barnet Carers Centre.	For further details please contact <a href="#">Barnet Carers Centre</a>
<b>Royal Free NRC- For people who care for people with obsessive compulsive disorder</b>	Support for those who are caring for people with obsessive compulsive disorder	Please contact Royal Free NRC	<b>Royal Free NRC</b> (for people who care for people with Obsessive Compulsive Disorder) Edgware Community Hospital Burnt Oak Broadway Edgware HA8 0AD Contact: Judy Tel: 07540 926501 E: <a href="mailto:edgwareocd@yahoo.co.uk">edgwareocd@yahoo.co.uk</a>

## 5. Social Activities

An opportunity to get involved in activities that you enjoy, meet others and share experiences

Service Description	Details	How to access support	Contact
<b>Barnet Carers Centre</b>	A wide selection of different social activities and outings are available including creative writing sessions, coffee mornings, art classes and relaxation sessions. To find out more about all the activities available contact Barnet Carers Centre.	Visit or contact Barnet Carers Centre.	<a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698 Email: <a href="mailto:admin@barnetcarers.org">admin@barnetcarers.org</a>
<b>Singing for the brain service for people with dementia</b>	Singing activity session for people with Dementia and their carers providing an opportunity to meet others with a similar experience in a relaxed setting.	For people in the early to moderate stages of dementia and people caring them. Groups run by friendly staff and volunteers with a trained 'Singing for the Brain' leader. Every Thursday 10.30am - 12.30pm.	<a href="#">Alzheimer's society, Barnet office,</a> Tel: 020 8937 7171 E: <a href="mailto:Barnet@alzheimers.org.uk">Barnet@alzheimers.org.uk</a> Held at: Eversfield Centre Eversfield Gardens Mill Hill NW7 2AE
<b>Dementia Reading Groups- Feel better with book memory reading groups</b>	For people with memory loss and their carers. People attending do not have to read aloud and you can simply sit back and enjoy being read to.	Available to all people with dementia in Barnet and their carers. Weekly groups are held on: Thursdays 10am – 11.30am Manor Drive Methodist Church Hall Manor Drive, Whetstone N20 0DZ Fridays 2pm – 3.30pm Carlton Court Care Home 112 Bells Hill, Barnet EN5 2SQ	The Reader Organisation Tel: 07815 554713 E: <a href="mailto:paulhiggins@thereader.org.uk">paulhiggins@thereader.org.uk</a>
<b>Dementia Friendly Swimming</b>	Dementia friendly swimming sessions, created to enhance the	Every Tuesday 10.30am - 11.30am	For further information please contact the Prevention & Wellbeing Team

	swimming experience for people living with dementia and their carers. They allow you to continue doing something you enjoy, or give you the chance to try something new, in a safe, familiar and supportive environment.	Main Pool, Barnet Copthall Leisure Centre, Champions Way, Hendon, NW4 1PX  £2.75p pay and play fee for the individual with dementia, free for carers	preventionandwellbeing@barnet.gov.uk or 020 8359 2896/7573
<a href="#">Age UK Barnet</a>	Age UK Barnet and 15 other voluntary sector organisations have come together to provide activities and services for older people across the London Borough (55+). These include exercise classes, information about benefits, cooking classes, some support with IT and opportunities to make new friends	Available in a range of locations across the borough for over 55's.	For further information please visit the " <a href="#">what's on guide</a> "
<a href="#">Friend in Need</a>	<b>Friend in Need</b> Provides services for older or disabled people and their carers living in East Barnet and New Barnet.	Please contact Friend in Need directly for details of support available.	Friend in Need Community Centre East Barnet Baptist Church Crescent Road East Barnet EN4 8PS <b>Tel: 020 8449 8225</b> <b>Email: <a href="mailto:fin@fin-eastbarnet.org.uk">fin@fin-eastbarnet.org.uk</a></b> <b><a href="http://www.fin-eastbarnet.org.uk">www.fin-eastbarnet.org.uk</a></b>
<b>Health Walks</b>	Walking is a great form of physical activity, where you will reap the <b>health</b> benefits of being active. It is a great way to get fit and stay <b>healthy</b> . Walking does not require any special skills, expertise or equipment and is a fantastic way to enjoy the outdoors and meet new people	To access health walks just show up one of the locations and the designated time shown on the Barnet Council web site (each walk costs £2.80 and is instructor led)	Barnet Council: <a href="#">Activity on the Move</a>

## 6. Financial Support

Information about financial support services that may be beneficial to you.

Service Description	Details	How to access support	Contact
<b>Carers Discount Card</b>	The carers discount card is available to carers registered with Barnet Carers Centre. The card entitles carers to discounts	If you have not yet registered with the Centre, please call 020 8343 9698 to arrange an appointment to register you for our services. Once you have registered, you will be eligible for a carers discount card. You can also visit the website <a href="http://www.barnetcarers.org/partners/">http://www.barnetcarers.org/partners/</a> to download an application form for the discount card.	3 <sup>rd</sup> Floor, Global House, 303 Ballards Lane, North Finchley, London N12 8NP Adult Carers Support & Outreach Service – 020 8343 9698 <a href="mailto:adultcarers@barnetcarers.org">adultcarers@barnetcarers.org</a> Young Carers Support & Outreach Service – 020 8432 2092 <a href="mailto:youngcarers@barnetcarers.org">youngcarers@barnetcarers.org</a>
<b>Carers Smart- to support carers in accessing benefits, discounts and offers</b>	Carers Smart is a club run through the Carers Trust. The club is part of the Carers Trust's offer to carers and people with care needs and it's also open to people who work across the Carers Trust network, either as staff or volunteers and people who donate money.  Once a member you can benefit from a wide range of offers including:- -Cash back on shopping from numerous high street retailers -reduced price lifestyle activities -and much more	Available to all carers. Joining is easy and free. Log onto <a href="http://www.carersmart.org">www.carersmart.org</a>	<a href="http://www.carersmart.org/">http://www.carersmart.org/</a>
<b>Welfare benefits advice and advice on how to maximise your</b>	Barnet Citizens Advice Bureau will provide you with information	Support is available online, via telephone support, through booked	<a href="#">Barnet Citizens Advice Bureau</a> Telephone Helpline:- 0300 456 8365

<p><b>income</b></p>	<p>and advice regarding welfare benefits and income maximisation</p>	<p>appointments and through drop in Sessions</p>	<p>Monday – Friday 9:30 am – 4:00 pm and until 7.30pm on Wednesdays.  <b>Face to Face Services:-</b>  <b>Hendon Hub</b>, 40-44 Church End, Hendon NW4 4JT  Monday – 9.30 am -12.00 pm Drop-in  Tuesday – Pre – booked appointments only  Wednesday – Pre – booked appointments only  Thursday – Pre – booked appointments only  Friday – 9.30 am – 12.00 pm Drop-in</p> <p><b>New Barnet</b>, 30 Station Road, New Barnet EN5 1PL  Wednesday – 9:30 am – 12:00 pm Drop-in</p>
<p><b>Carers emergency fund from Carers trust – subject to application and panel decision</b></p>	<p>Fund available in emergencies for carers to purchase specific items for their caring role.</p>	<p>For carers in need the fund is subject to application and panel decision. Limited number of funds available each year from the Carers Trust</p>	<p><a href="#">Barnet Carers Centre</a>  Tel: 020 8343 9698  Email: <a href="mailto:admin@barnetcarers.org">admin@barnetcarers.org</a></p>

## 7. Health and Wellbeing

Information on health and wellbeing support that may be beneficial to you

Service Description	Details	How to access support	Contact
<b>Free Health Checks for carers between the ages of 40-74</b>	To help maintain and support your own health and wellbeing	Free health checks are available to all carers between the ages of 40-74 through your local GP	Please contact your local GP
<b>GP carers support</b>	Flu injections for carers	By appointment at carer's GP practice.	Individual GP practices
<b>Leisure Pass</b>	Carers in Barnet can access a leisure pass for use in Barnet Council's GLL leisure centres. This pass allows carers to enjoy free swimming at Barnet Copthall, Finchley Lido and Church Farm Leisure Centres. The pass also allows concessionary discounts on a range of wide ranging activities such as badminton sessions, group exercise classes and much more – please check with individual GLL leisure centres regarding concessions.	Available to carers all year long	<a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698 Email: admin@barnetcarers.org
<b>Complementary therapies</b>	Relaxation days including yoga available to support carers-	Monthly sessions. Booking required. Charge applies	<a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698 Email: admin@barnetcarers.org
<b>Complementary therapies</b>	Remedial Massage, Therapeutic Massage, Aromatherapy Massage, Acupuncture, Reflexology, Indian Head Massage,	By appointment.	<a href="#">The Disability Foundation</a> Brokley Hill Stanmore Middlesex HA7 4LP

	Osteopathy, Acupuncture, Cranio-Sacral Therapy, Hypnotherapy, Reiki, Thai Yoga Massage, Chiropody. You may be asked for contributions and appointments must be booked via the Disability Foundation		Telephone 020 8954 7373
<b>Complementary therapies</b>	Different complementary therapies available e.g. hair dressing appointment. You may be asked to contribute to the cost of the appointment.	By appointment.	Barnet and Southgate College. To book an appointment please contact <a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698 Email: <a href="mailto:admin@barnetcarers.org">admin@barnetcarers.org</a>
<b>Health Walks</b>	Walking is a great form of physical activity, where you will reap the <b>health</b> benefits of being active. It is a great way to get fit and stay <b>healthy</b> . Walking does not require any special skills, expertise or equipment and is a fantastic way to enjoy the outdoors and meet new people	To access health walks just show up one of the locations and the designated time shown on the Barnet Council web site (each walk costs £2.80 and is instructor led)	Barnet Council: <a href="#">Activity on the Move</a>
<b>Love to Dance</b>	Love to dance is a dance programme that gets over 50s moving and meeting new people.	For more information contact the Love to Dance Development Officer	Clare Bellchambers   Love to Dance Development Officer   Tel: 0203 675 7244 Email: <a href="mailto:clarebellchambers@saracens.net">clarebellchambers@saracens.net</a>



## 8. Specialist support

Specialist support that may be helpful to you.

Service Description	Details	How to access support	Contact
<b>Practical help in the home</b>	Support for carers with practical household tasks.	By referral. A support plan will be developed and support provide by a Support Officer for up to 6 months.	<b>Outreach Barnet</b> , PO Box 55319, London, N12 <b>Tel:</b> 020 3115 1185 <b>Fax:</b> 020 8731 6840 <b>Email:</b> <a href="mailto:referrals@outreachbarnet.org.uk">referrals@outreachbarnet.org.uk</a>
<b>Legal Surgery for carers</b>	Legal information and advice for carers	For details of times please contact the Barnet Carers Centre	<a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698 Email: <a href="mailto:admin@barnetcarers.org">admin@barnetcarers.org</a>
<a href="#">Inclusion Barnet</a>	Inclusion Barnet brings together community organisations, service users and carers to offer services that are based on the social model of disability and is aimed at promoting independence, social inclusion and equality. It aims to remove barriers, enabling all of its clients to live as independently as possible with the necessary support.	Please contact Inclusion Barnet	<a href="#">Inclusion Barnet</a> 020 8359 2444
Form filling support	Support to check forms with you and support you in making sure you have filled them in correctly	For details of times please contact the Barnet Carers Centre	<a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698 Email: <a href="mailto:admin@barnetcarers.org">admin@barnetcarers.org</a>
My Care My Home	Offers a free, face-to-face advice service through home visits aimed at helping people find out more about care and support options.	For details contact My Care My Home	<a href="#">Barnet My Care My Home</a> <b>0800 731 8470</b>

## 9. Employment and understanding your rights

Support to help you know your employment rights and find out about job opportunities

Service Description	Details	How to access support	Contact
<b>Job centre plus</b>	Support to access training and employment opportunities for carers wishing to remain or return to employment	Through the job centre during opening times	<b>Job Centre Plus</b> 10 Finchley Lane, Hendon, NW4 1DP Tel: 0208 732 6000 <a href="http://www.jobcentreplusadvisor.co.uk/">www.jobcentreplusadvisor.co.uk/</a>
<b>Barnet Citizens Advice Bureau</b>	Information on employment rights, flexible working and how to solve problems in regards to work	Support available online, via telephone support, through booked appointments and through drop in Sessions	<b><a href="#">Barnet Citizens Advice Bureau</a></b> Telephone Helpline:- 0300 456 8365 (Monday – Friday 9:30 am – 4:00 pm and until 7.30pm on Wednesdays). <b>Face to Face Services:-</b> <b>Hendon Hub</b> , 40-44 Church End, Hendon NW4 4JT Monday 9.30am-12.00 pm Drop-in Tuesday Wednesday Thursday Pre booked appointments only Friday 9.30am – 12.00pm Drop-in. <b>New Barnet</b> , 30 Station Road, New Barnet EN5 1PL Wednesday 9:30am–12:00pm Drop-in.
<b>Barnet Carers Centre</b>	Support for carers on remaining in employment and accessing employment opportunities	Contact Barnet Carers Centre	<b><a href="#">Barnet Carers Centre</a></b> Tel: 020 8343 9698 Email: <a href="mailto:admin@barnetcarers.org">admin@barnetcarers.org</a>
<b>MAPS (Future Path)</b>	Support for carers to return to paid employment	Contact Future Path	<a href="mailto:info@future-path.co.uk">info@future-path.co.uk</a>
<b>Carers Trust</b>	Information on employment rights, flexible working and problem solving	Information available online	<b><a href="#">Carers Trust</a></b>
<b>Employers for Carers</b>	Available to all carers and managers working organisations with under 250 employees in within the borough	To access resources visit <a href="https://www.employersforcarers.org/">https://www.employersforcarers.org/</a> and register using the code ~EFC1588	020 7378 4999 <a href="mailto:info@carersuk.org">info@carersuk.org</a>

## 10. Getting involved- Engagement and volunteering opportunities

Service Description	Details	How to access support	Contact
<b>Carers forum</b>	Regular forum for carers to share information, raise issues and network with carers.	The forum is held four times a year and dates are advertised locally. For further details contact the Barnet Carers Centre.	<a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698 Email: admin@barnetcarers.org
<b>Engagement with Adult Social Care</b>	Includes opportunities to inform strategy and service development	Please contact the Engagement Team in Adults and Communities.	<b>Engagement Team:-</b> Tel: 020 8359 4712 Email:- Engage.Adults@barnet.gov.uk
<b>Volunteering opportunities</b>	Volunteering opportunities with Barnet Carers Centre and Carers hub	Via an application process	<a href="#">Barnet Carers Centre</a> Tel: 020 8343 9698 Email: admin@barnetcarers.org
<b>Volunteering opportunities</b>	Volunteering opportunities with volunteering Barnet	Via a registration process	<a href="#">Volunteering Barnet</a> <a href="http://www.volunteeringbarnet.org.uk/">http://www.volunteeringbarnet.org.uk/</a>

## 11. Support through Adult Social Care

Service Description	Details	How to access support	Contact
<p><b><a href="#">Carers Assessments</a> and support plans.</b></p> <p>If you are a carer, or you think you might be taking on a caring role in the near future, you may be entitled to a carers assessment.</p>	<p>A carers assessment should cover your caring role, your feelings about caring, your physical, mental and emotional health and how caring affects your work, leisure, education, wider family and relationships.</p> <p>This means that you will be able to explain how caring for someone is affecting your life and what could make things better for you and the person you look after.</p>	<p>When assessing the needs of carers, we will use a similar approach to that used for adults with care and support needs. We will decide whether any carers needs are eligible for support from the council by using the national eligibility criteria. For further details please see the <a href="#">LBB Assessment of eligibility Policy for carers.</a></p> <p>There are three criteria, all of which must be met for a carers</p>	<p><b>Social Care Direct</b> Tel: 020 8359 5000 Email: socialcaredirect@barnet.gov.uk</p> <p><b>Adult Social Care web page on <a href="#">Carers Assessments</a></b></p>

	<p>Following an assessment if you are eligible for support Adults and Communities will create a support plan with you detailing actions discussed and support that may help you in your caring role (this may include information and advice, a referral to the Carers Centre, or breaks from caring - see below)</p>	<p>needs to be eligible for support. The carers eligibility is based on identifying:</p> <ol style="list-style-type: none"> <li>1. Whether a carers needs are a consequence of providing necessary care for an adult</li> <li>2. to what extent the carers needs affect their ability to achieve specified outcomes, or put their health at risk, and;</li> <li>3. Whether and to what extent this impacts on their wellbeing</li> </ol>	
<p><b>Breaks from caring</b> A break from caring as well as other types of support can be an important tool to support you in your caring role. The type of break that may suit you will depend on your own needs and circumstances as well as those of the person that you are caring for.</p>	<p>There are different ways that you may be able to access a break following the outcome of your carers assessment. Including:-</p> <p><b>Carers Personal Budget</b> Following an assessment, some carers may be eligible for their own personal budget. A personal budget can be used to pay towards a variety of activities which may give you a break from your caring role and to help you to maintain and improve your own health and wellbeing.</p> <p><b>People requiring care and support personal budget-respite services</b></p>	<p>Following a carers assessment – see details above</p>	<p><b>Social Care Direct</b> Tel: 020 8359 5000 Email: socialcaredirect@barnet.gov.uk</p> <p><b>Adult Social Care web page on <a href="#">Carers Assessments</a></b></p>

	<p>Adults and Communities can provide respite services for adults requiring care and support such as residential care, day services and sitting services which can help support carers to have a break and to help support them in their caring role. In order to access these types of breaks we will assess the person requiring care and support and will through discussion with them and their carer consider how best their personal budget can meet their respite needs e.g.</p> <ul style="list-style-type: none"> <li>• Arranging for the adult needing care and support to go out for an activity that they enjoy with a personal assistant so the carer can have a break</li> <li>• Arranging a residential care stay to provide the carer with a break (this may be through the personal budget or the respite vouchers)</li> <li>• Arranging for a personal assistant to support the adult needing care and support at home whilst the carer takes a break</li> </ul> <p>A financial assessment will be completed to see if the adult needing care and support can</p>		
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	<p>contribute towards the cost of their care services.</p> <p><b>Shared lives short breaks</b></p> <p>For some people living at home with their families accessing the shared lives short breaks may be a suitable way of having a break. The person needing care and support will stay at the shared lives carers home so that the family carer can have a short break. To use the shared lives scheme we will assess the person requiring care and support and will through discussion with them and their carer consider if the shared lives scheme would be appropriate for them.</p>		
<p><b>Emergency planning – short term and long term emergencies</b></p> <p>If you care for a family member or friend you may be worried what would happen if you were suddenly taken ill or you could not get to them because of some other unforeseen emergency.</p> <p>This scheme aims to give you peace of mind by enabling you to plan in advance for this possibility.</p>	<p>The plan is designed to cover the first 48 hours of the emergency until longer term support plans can be made. It is not expected to cover a situation where the person needs significant support, which only professional health or care workers can provide. You can join the scheme if you are over 18 years of age and are a carer. The person you care for must live in the London Borough of Barnet (whether or not you live in Barnet). The Scheme is free to join.</p>	<p>To access the scheme you need to fill in the <a href="#">Carers Emergency Card Scheme - Barnet registration form</a> and give the details of:</p> <ul style="list-style-type: none"> <li>•the person you care for and what support they need</li> <li>•up to three people, e.g. family or friends, who agree to be contacted in an emergency to provide care. If you don't have anyone, you can name Social Care Direct or a social worker as your emergency contact.</li> </ul>	<p>Please visit the Adult Social Care Carers Emergency Card Scheme web pages: <a href="#">Carers Emergency Card Scheme - Barnet registration form</a></p> <p><a href="#">Barnet Carers centre</a>  Tel: 020 8343 9698  Email: <a href="mailto:admin@barnetcarers.org">admin@barnetcarers.org</a></p>

		This is then your 'Carers Emergency Plan'.	
<p><b>Argenti technology - Telecare</b> Telecare can be used to help support carers in their caring role.</p> <p>More information on telecare can be found on our <a href="#">Adult Social Care web pages</a>.</p>	<p>Assistive technology:</p> <ul style="list-style-type: none"> <li>•increases your independence and confidence</li> <li>•assures family, friends and carers that their loved ones are safe when they cannot be there themselves</li> <li>•supports carers as they look after others</li> <li>•sends help quickly when it's needed, whether alerting family and friends or even emergency services</li> </ul>	<p>More information on telecare can be found on our <a href="#">Adult Social Care web pages</a></p>	<p>Contact <b>Social Care Direct</b> Tel: 020 8359 5000 Email: <a href="mailto:socialcaredirect@barnet.gov.uk">socialcaredirect@barnet.gov.uk</a> or contact Argenti on 0345 460 8000 or use Argenti website.</p>
<p><b>Digital Resources</b></p>	<p>Barnet Council and Argenti have teamed up with <a href="#">Carers UK</a> to offer carers in our area a comprehensive solution that brings together Carers UK's digital products and <b>online resources</b> with links to our own information and support for carers onto a single webpage. This includes free access to the <b>Jointly app</b>, a useful way to organise and share your caring responsibilities amongst family and friends.</p>	<p>To access the resources for free visit <a href="#">Adult Social Care web pages</a> or Barnet Carers Centre web page.</p>	<p><a href="#">Adult Social Care web pages</a> or Barnet Carers Centre web page.</p>