

## Village Agent Newsletter April 2024

### Support for Carers

Caring for another person is very rewarding, but it can be overwhelming and lonely at times. You may not know where to start to find information, or what type of support is available for you. That's where Somerset Carers can help. It is run by the Community Council for Somerset as part of Connect Somerset.

If you're over 18 and you look after someone in an unpaid capacity, you can receive free support from Somerset Carers.

The person you look after could be a loved one, friend, partner, parent or child. You may support them all the time, or on an irregular basis and you don't have to be receiving Carers Allowance to use the service.

When you register with Somerset Carers, you can choose what type of support will suit you best. This could include:

- Contact with a Carers Agent who can work with you, your GP and hospital and local community services, to build a support package tailored to you and the person you care for
- Joining your local Carers Group to meet people to socialise and share ideas and experiences over a coffee – there's an online option too
- Making use of the Carers Hub – a searchable online database, packed with information on support organisations, events, courses and activities
- Downloading useful resources like our Carers Checklist or Emergency Information templates, or useful information on equipment and digital aids
- Joining the Somerset Carers Forum to chat and share information and experience
- Receiving a regular newsletter with all the latest on groups, services, events, resources and more.

If you care for someone who is experiencing challenges with their mental health, the Open Mental Health Carers support project may also be helpful. The Community Council for Somerset is working in partnership with Open Mental Health to ensure that friends, family and caregivers of adults experiencing mental health issues, can get the support they need.

Somerset Carers and the Open Mental Health Carers project value the support of people with lived experience who volunteer to help with groups or offer peer support. If this is something you'd like to consider, please do get in touch: [info@somersetcarers.org.uk](mailto:info@somersetcarers.org.uk)  
You can reach Somerset Carers on 0800 31 68 600 or visit:

[www.somersetcarers.org](http://www.somersetcarers.org)

[www.somersetcarers.org/who-can-help-you/open-mental-health-carers/](http://www.somersetcarers.org/who-can-help-you/open-mental-health-carers/)

**Your nearest Talking Café is:** Axbridge Church Rooms Axbridge Square BS26 2AP

**Your local Village Agent is:** Lina Curiale - Hopkinson

Lina Curiale-Hopkinson  
Village Agent

Tel: 01823 331222

Mobile: 07375 371549

Email: [lina@somersetcc.org.uk](mailto:lina@somersetcc.org.uk)

I work flexibly and may send or respond to emails outside normal working hours. Please do not feel you have to reply outside your usual working hours. I deal with correspondence, including emails, in order of urgency and importance. Please be patient if you do not receive an immediate reply. Thank you in advance.



Please help us to help others by donating to our Crisis Fund. Find out more here: [www.somersetagents.org/somerset-crisis-fund/](http://www.somersetagents.org/somerset-crisis-fund/)

You can donate to our Somerset wide fundraising pot [here](#) or to a Sedgemoor specific Crisis Fund [here](#)

Check out the CCS Village & Community Agents website here: [www.somersetagents.org](http://www.somersetagents.org) or the CCS website here: [www.ccslovesomerset.org](http://www.ccslovesomerset.org)



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