

Information, Advice & Practical Support			
Service	Description	When	How to Access
Carers Needs Assessment	<p>A Carers Assessment is the local authorities way of working out whether you qualify for support from them in your role as unpaid carer.</p> <p>For our team at Barnet Carers, it is our way to better understand your situation, how you are coping and gaining an understanding of the connections and resources you have around you. With this information we are then able to co-work with you to identify areas of need and build upon your tailored support plan.</p>	<p>Slots available Monday – Thursday between 10am – 6pm</p> <p>Assessments are offered over the phone via appointment or can be completed independently online.</p>	<p>Online forms and telephone appointments can be accessed via our website: https://barnetcarers.org/carers-assessments/</p> <p>Or call us to book on 0203 995 1909</p>
Carers Star: Mentoring Calls	<p>The Carers Star is an outcomes tool that we offer to carers who we have identified to have high to medium levels of need.</p> <p>The Carers Star involves more in-depth conversations with an Adult Carers Support Coordinator to discuss: health, caring role, managing at home, time for yourself, how you feel, finances and work.</p> <p>By having more in-depth discussions around these areas, we can see what your biggest challenges are as a carer and through fortnightly and monthly mentoring calls over the course of 6 months we can work together with you to find methods and goals to improve</p>	<p>Carers Star can be offered following and assessment as part of your support plan. Mentoring calls can take place fortnightly or monthly depending on your needs.</p>	<p>Discuss options for a 'Carers Star' by contacting adultcarers@barnetcarers.org or call us on 0203 995 1909</p>

	these areas and get you to a place where it's 'as best as it can be'.		
Form-Checking Service	Offering you guidance and tips for completing benefit forms such as Attendance Allowance, Carers Allowance, Personal Independence Payment and Disability Living Allowance	Tuesday (2 hours from 8am)	Carers wishing to access this service require a registration with Barnet Carers. Appointments can be booked via: https://formfilling.youcanbook.me
Benefits Advice	In partnership with Touchpoint – Access to benefits advice; understanding process and personal eligibility	Dependent on partner's availability	For a referral to access Touchpoint email: adultcarers@barnetcarers.org
Entitlements			
Carers ID	Carers ID available for Carers to share with organisations and services as evidence you are a registered Carer.	These are provided on request. We no longer provide an electronic ID.	Request a carers ID letter by contacting us at adultcarers@barnetcarers.org
Emergency Card Scheme	A card presenting the carer's name, a unique identification number and an emergency phone number. If a carer has an emergency or is take seriously ill, then the card can be used to alert a 24 hours emergency call centre that the person they care for needs help	Upon request	Discuss your card with Adult Carers Support Officer's via: adultcarers@barnetcarers.org
BETTER Barnet Leisure Pass	Access to free swimming and discounted rates on gym access and classes at your local BETTER Barnet Leisure Centre	Upon request (Carer reference number is required which you will receive upon registering)	Information can be found here: Barnet Leisure Pass - Barnet Carers Carer Leisure Passes can be accessed via the BETTER website: https://www.better.org.uk/join-membership Select your local Leisure Centre > Membership Type: Adult > Single Payment > FAB Carers Adult (Carer Reference Number required)

Carers Smart Discount Card	Access to offers, benefits and discounts available exclusively to carers and people with care needs	Available online	Register for your card via: www.carersmart.org
Food Bank Voucher	An opportunity for Carers facing financial challenges to access vouchers for a few days worth of nutritionally balanced, non-perishable food from their local food bank	Upon request	Discuss your voucher with Adult Carers Support Officer's via: adultcarers@barnetcarers.org
Health & Wellbeing Services			
Short-term Counselling	We offer 1 Initial Evaluation session plus 8 weeks' sessions of Counselling. Sessions are by telephone or videoconference with a volunteer trainee Counsellor who receives professional supervision.	Our current waiting list is between 8 and 12 weeks for this service. There is a charge of £12 per session (waivable if in receipt of Carers Allowance)	Sign up for counselling through Shashi via shashi.kulisra@barnetcarers.org
Wellbeing events for Carers	Yoga and mindfulness online activities delivered at different times during the week.	Various days and times.	All upcoming classes, times and sessions can be found via our website: Home - Barnet Carers
Peer-Support Groups and Social Events	A variety of peer-support groups and events available across the year to connect carers and support wellbeing	Varying dates and sessions across the year Available both face-to-face and online	All upcoming groups can be found via our website: Home - Barnet Carers
Training & Development			
Carers College: Provider of a Level 2 NVQ in Social Care Modules available across the year	A variety of modules and workshops aimed to enhance your knowledge of specific conditions, caring methods and skills. The training is aimed at Carers to ensure they have the expertise to carry out a caring role safely and confidently.	Varying dates across the year. Recorded webinars are available to access via our website at all times.	All upcoming groups can be found via our website: Home - Barnet Carers

Employment Support	Young Adult Carers – aged 16 - 25. Varying employment support opportunities in partnership with Quilter, Ambitions Unitas, BEETS and BOOST	Dependent on partner's availability	For a referral to access to employment support for young adults email: youngcarers@barnetcarers.org
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Useful resources for you:

Carers Trust

<https://carers.org/>

Carers UK

<https://www.carersuk.org/>

Barnet Carers Facebook Page

<https://www.facebook.com/barnetcarerscentre>

Barnet Adult Social Care

<https://www.barnet.gov.uk/adult-social-care>

Age UK Barnet

<https://www.ageuk.org.uk/barnet/>

Dementia Club UK

<https://dementioclubuk.org.uk/>

Barnet Mencap

<https://www.barnetmencap.org.uk/>

Mind in Barnet and Enfield

<https://www.mindeb.org.uk/>

Contact Us:

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Adult Carers Team**

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