

PRESS RELEASE

National Carers Week 2018: 11th – 17th June

Somerset Carers Service are hosting Cake for Carers across Somerset all week!

If you are a Carer for somebody in an unpaid capacity you can access free support and advice from the Somerset Carers Service.

Many people who spend a lot of their time caring for others, and may not see themselves as 'official carers'. Caring for someone else, whether they are a family member or friend, can take a lot of time and energy, and often you may feel isolated with little support.

The Somerset Carers Service wants to change that and are inviting people to 'Cake for Carers' events to give people the opportunity to find out about the range of support available in Somerset.

The Somerset Carers Service has Carers Agents in each District across Somerset, as well as a dedicated Advice Line, Text service, online 'live chat' and online Carers Forum – all formulated to give Carers every opportunity to reach out and seek support and advice to help with their challenging role. The service is working in partnership with the Somerset Partnership NHS Mental Health Carers Service and Spark and Engage, who support the service with finding the volunteers who add so much value. CCS also works closely with Carers Voice to ensure that Carers have the opportunity to help shape services to ensure their needs are met.

Keeley Rudd, CEO for CCS said "Caring for another person is very rewarding, but can be overwhelming and lonely at times, and some people may not even recognise that they are a carer, especially if it involves looking after a close family member. Somerset Carers Service can help link people to groups & events in their area, to find facts and information that will help the person they are caring for with their particular needs. The week highlights the extremely valuable role carers play in our society and these events are particularly pertinent at this time as the Department for Health and Social Care has published its latest Carers Action Plan setting out a 2 year plan of cross-government work to build carer friendly communities.

We are very proud of all our Agents and how they put the needs of the individual at the heart of their work, and they are looking forward to meeting Carers at these events during National Carers Week and beyond."

Here are the details of all the events:

Monday 11th June

Wellington Medical Centre, Mantle Street

2pm - 4pm: Carers Service Presentation to Wellington PPG & Carers Group.



Victoria House, Victoria Street, Taunton, TA1 3JZ

Tel: 01823 331222 Email: info@somersetccc.org.uk Website: www.somersetccc.org.uk

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Minehead Talking Cafe @ The Beach Hotel
10am - 1pm: Cake for Carers

Taunton Talking Cafe @ St. Mary Magdalene Church
10am - 1pm: Cake for Carers

Street Parish Rooms, 6 Leigh Road
10.30am - 12pm: Cake for Carers at the Carers Group

Tuesday 12th June

Porlock Talking Cafe @ Porlock Library
10am - 12pm: Cake for Carers

Wednesday 13th June

Creech St Michael Surgery
2pm - 4pm: Cake for Carers at the Carers Group

Cheddar Carers Group @ Hannah More Cottage
10.30am - 12pm: Cake for Carers

Dunkirk Memorial House - Admiral Nurses event
2pm - 4pm: Carers Service Stand

Williton Talking Cafe @ Williton Library
10.30am - 1pm: Cake for Carers at the Carers Group

Thursday 14th June

Glastonbury Radio
3.15pm: Carers Service information

Wiveliscombe Talking Cafe @ The Bear Inn, North St.
10am - 12pm: Cake for Carers at the Carers Group



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Bridgwater Talking Cafe @ Bridgwater Arts Centre
10am - 1pm: Cake for Carers at the Carers Group

Saturday 16th June

Sainsbury's Foyer Hankridge, Taunton
9.30am - 3.30pm: Carers Service Stand, meet, greet & chat!

Wednesday 27th June

Somerset Carers Service in partnership with Positive People are holding a Tea Party at Castle Hotel, Taunton on 27th June 2 pm until 4 pm. Carers are welcome but **must book a place** by emailing jon@somersetccc.org.uk or gail@somersetccc.org.uk by 20th June.
www.somersetccc.org.uk/positivepeople

The website www.somersetcarers.org has more details on Carers Week as well as specific support for each persons unique situation; and Carers Agents are on hand to help. The CCS Carers Agents make up a part of a huge support framework that includes Village and Community Agents. See www.somersetccc.org.uk for further details of other projects in Somerset.

For further information please contact carers@somersetccc.org.uk or call the Community Council for Somerset on 01823 331 222.

End

Date September 19, 2018

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Editor Notes:

CCS supports people who live and work in Somerset communities. We do this through a range of diverse projects which bring together people who care about local community life in Somerset. We focus our energy on helping you and your community. See [our work](#) to see what projects are running across Somerset. & also www.somersetcarers.org



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