

Carers Week June 6th – 12th 2016 'Building carer friendly communities'

Our local networks continue to provide ongoing support and information for partners, family members and friends of people living with MS. Carers Week gives us the opportunity to raise awareness of these services as well as the opportunity to inform all concerned about carers support services that are available locally and nationally.

The MS Society provides support to families and carers at a national level too. Our Helpline 0808 800 8000 is available Monday to Friday 9am-9pm (not including bank holidays)

On our website, we have a Carers Forum where partners, family members and friends will chat to each other, as well as give information about what has helped them when dealing with caring issues. <https://community.mssociety.org.uk/forums/caring-someone-ms>

The carers information pages on our website provide insight into financial support, getting help, and rights in the workplace <https://www.mssociety.org.uk/ms-support/for-carers>

We know that many people access local carers services when they are at breaking point – in a crisis. We want to tell people about these services and what they offer so that they have knowledge about their local service and all that they can offer before crisis point. These services include access to respite, one to one support, carers groups and support and guidance about Carers Assessments.

Many carers do not understand that they have rights in the work place or that they have the right to have their own needs assessed alongside the person they care for. For more information about carers rights visit the Carers UK website: www.carersuk.org/

To find out the nearest carers service visit Carers Trust Website and put in your postcode to the search engine on the front page: www.carers.org/

Carers Direct Helpline and information- To find out more about the NHS and its commitment to Carers visit <http://www.nhs.uk/conditions/social-care-and-support-guide/pages/carers-direct-helpline.aspx>

Every year, a number of our local branches hold or are involved in Carers Week events. To find out more the Carers Week website will provide information about registering an event as well as a map showing all events across the UK. www.carersweek.org/

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