

# Carers - Speak Out!!



South Glos Health & Social Care in partnership with The Carers Centre are planning services for carers for the next 5 years.

You are warmly invited to a special Carers' Open Meeting  
on Wednesday 14<sup>th</sup> April  
10.30am ~ 2.00pm at The Vassall Centre.

**TELL US WHAT WOULD HELP TO PROTECT YOUR HEALTH AND SUPPORT YOU TO CARE**

This listening event is **SO IMPORTANT** that it's the only thing on the Open Meeting programme!



Carers Sitting Service



Carers Emergency Card & Back-Up Service



Share with a Carer Listening Service

These are some of the services that have been developed as a result of listening to Carers.

<<< **See over for more information** >>>

This is a free event with lunch included but numbers are limited so it is **essential to book** by ringing:  
**CARERSLINE on 0117 965 2200**

## **Why should I give my time to come to this event?**

In 2008 after listening to carers from across the country the Government announced a new National Strategy for Carers.

### **Nationally this is what carers have said is important:**

- ◆ A simpler, better organised system for getting the services carers need for themselves & the people they look after.
- ◆ More choice & more say about what services to use & how to use them.
- ◆ To have a life outside of caring which involves more & better breaks from caring.
- ◆ Being supported to stay in or take up work while being a carer.
- ◆ Being supported to stay physically & mentally fit & well.
- ◆ Being respected and recognised as expert partners in care.

### **Is this what South Glos should be providing *For Carers* over the next 5 years?**

**To have your say about what support could be available in South Glos come along on April 14th. It is a slightly shorter day than usual ending with lunch at 1pm. Transport & alternative care costs will be offered — please bring receipts wherever possible.**

### **If you cannot join us on the day then there are other ways you can *Have Your Say*:**

**Tel:** Debbie Fear 0117 958 9989  
Rachel Stenner 0117 958 9902  
Mike Hatch 0117 939 2562

**Email:** debbiefear@carers-sg.org.uk  
**Email:** rachels@carers-sg.org.uk  
**Email:** mikeh@carers-bs.org.uk

**Write to any of us at:** The Carers Centre, The Vassall Centre, Gill Avenue, Fishponds, Bristol, BS16 2QQ