

Information, Advice & Practical Support			
Service	Description	When	How to Access
<b>Carers Needs Assessment</b>	A <b>Carers Assessment</b> is the local authorities way of working out whether you qualify for support from them in your role as <b>unpaid carer</b> . The assessment is a chance for you to discuss how your caring responsibilities affect you and offering you a support plan to address yours needs.	Slots available <b>Monday – Friday between 10am – 5pm</b>  Assessments are offered over the phone or can be completed independently online.	Telephone assessments can be booked via <a href="http://www.barnetcarers.org/book-your-adult-carers-needs-assessment">www.barnetcarers.org/book-your-adult-carers-needs-assessment</a>  Online assessments can be completed <a href="http://www.onlinecarersassessments.org.uk">www.onlinecarersassessments.org.uk</a>
<b>Carers Review</b>	Conducted every 3-6 months by your allocated Support Officer at Barnet Carers. Reviews are completed to check in on your wellbeing and your progress with the service	Within <b>3-6 months</b> of completing your Carers Needs Assessment	Request your Carers Review from your allocated Support Officer completing your Carers Needs Assessment
<b>Form-filling</b>	Support with completing benefit forms such as <b>Attendance Allowance, Carers Allowance, Personal Independence Payment</b> and <b>Disability Living Allowance</b>	<b>Monday's</b> (varying slots available)  <b>Friday's</b> (varying slots available)	Book your slot through <b>Killian</b> via: <a href="mailto:killian.enujuba@barnetcarers.org">killian.enujuba@barnetcarers.org</a> <a href="mailto:adultcarers@barnetcarers.org">adultcarers@barnetcarers.org</a>
<b>Legal Advice</b>	Free 15 minute 1:1 consultation with our in-house solicitor who specialises in <b>Wills; Tax Planning, Probate, Powers of Attorney</b> and <b>Court of Protection</b>	Available on the <b>last Thursday of the month – 10am – 12pm</b>	Book your slot through <b>Ola</b> via: <a href="mailto:olayide.ajibawo@barnetcarers.org">olayide.ajibawo@barnetcarers.org</a> <a href="mailto:adultcarers@barnetcarers.org">adultcarers@barnetcarers.org</a>
<b>Employment Support</b>	<b>Working for Carers</b> – 1:1 information, advice and support for unemployed carers aged 25+ and looking/applying for jobs  <b>Young Adult Carers</b> – aged 16 - 25. Varying employment support opportunities in partnership with <b>Quilter, Ambitions Unitas, BEETS</b>	Dependent on partner's availability	For a referral to access <b>Working for Carers</b> email: <a href="mailto:paul.simons@barnetcarers.org">paul.simons@barnetcarers.org</a> <a href="mailto:adultcarers@barnetcarers.org">adultcarers@barnetcarers.org</a>  To access <b>Young Adult Carers Employment Support</b> email: <a href="mailto:john.gibbon@barnetcarers.org">john.gibbon@barnetcarers.org</a>

	and <b>BOOST</b>		
<b>Benefits Advice</b>	In partnership with <b>Touchpoint</b> – Access to benefits advice; understanding process and personal eligibility	Dependent on partner’s availability	For a referral to access Touchpoint email: <b>paul.simons@barnetcarers.org</b> <b>killian.enujuba@barnetcarers.org</b> <b>adultcarers@barnetcarers.org</b>
<b>Entitlements</b>			
<b>Carers ID</b>	Carers ID issued in order for Carers to access to access priority slots at supermarkets and shops amid the current pandemic	Upon request	Discuss your ID card with Adult Carers Support Officer’s via: <b>paul.simons@barnetcarers.org</b> <b>killian.enujuba@barnetcarers.org</b> <b>adultcarers@barnetcarers.org</b>
<b>Emergency Card Scheme</b>	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: <b>paul.simons@barnetcarers.org</b> <b>killian.enujuba@barnetcarers.org</b> <b>adultcarers@barnetcarers.org</b>
<b>BETTER Barnet Leisure Pass</b>	Access to free swimming and discounted rates on gym access and classes at your local BETTER Barnet Leisure Centre	Upon request	Discuss your card with Adult Carers Support Officer’s via: <b>paul.simons@barnetcarers.org</b> <b>killian.enujuba@barnetcarers.org</b> <b>adultcarers@barnetcarers.org</b>
<b>Carers Smart Discount Card</b>	Access to offers, benefits and discounts available exclusively to carers and people with care needs	Available online	Register for your card via: <b>www.carersmart.org</b>
<b>Food Bank Voucher</b>	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: <b>paul.simons@barnetcarers.org</b> <b>killian.enujuba@barnetcarers.org</b> <b>adultcarers@barnetcarers.org</b>
<b>Emotional Support</b>			
<b>Support Call</b>	A weekly check-in call made available to you to discuss any needs or	Upon request	Book your weekly slot through <b>Ola</b> via: <b>paul.simons@barnetcarers.org</b>

	concerns you may have throughout the week		<a href="mailto:adultcarers@barnetcarers.org">adultcarers@barnetcarers.org</a>
<b>Short-term Counselling</b>	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. <b>There is a charge of £10 per session</b>	Waiting list	Sign up for counselling through <b>Julia</b> via <a href="mailto:julia.conrado@barnetcarers.org">julia.conrado@barnetcarers.org</a>
<b>Mental Health Peer-Support Group</b>	A peer support group for carers who are struggling with their mental health, maybe presenting feelings of sadness, anxiety and stress. The meetings are designed to foster self-confidence, independence, social interactions, and improve overall wellbeing.	<b>Monday's</b> <b>6pm - 7.30pm</b>	Book your attendance with <b>Julia</b> via <a href="mailto:juliaconrado@barnetcarers.org">juliaconrado@barnetcarers.org</a>
<b>Parent Carer Peer-Support</b>	Available peer-support, forums and discussions around specialised topics exclusively for Parents with caring responsibilities for children and young people between the ages of 0-25	<b>Tuesday's</b> <b>1pm – 2pm</b> ( <i>Term-time Only</i> )	Contact <b>Louise</b> via <a href="mailto:louise.mitchell@barnetcarers.org">louise.mitchell@barnetcarers.org</a>
<b>Interactive Activities &amp; Workshops</b>			
<b>Midweek Meet-up</b>	A weekly get-together with Carers and the Barnet Carers Team. Featuring a range of guest speakers topical discussions and themed activities every week	<b>Wednesday's</b> <b>11am-12pm</b>	Sign up to our mailing list to access the link and topic updates. You can request to do so by contacting <a href="mailto:adultcarers@barnetcarers.org">adultcarers@barnetcarers.org</a> or contact <b>Paul</b> for more information: <a href="mailto:paul.simons@barnetcarers.org">paul.simons@barnetcarers.org</a>
<b>Don't Tone Alone</b>	Online exercise groups every Wednesday exclusively for Carers  <b>Fit By Phone Sessions</b> available upon request for Carers looking to get 1:1 fitness and nutrition advice from a Don't Tone Alone trainer	<b>Wednesday's</b> <b>5pm</b>  Available upon request	To book your place and to access more information, contact <b>John</b> via <a href="mailto:john.gibbon@barnetcarers.org">john.gibbon@barnetcarers.org</a>

<b>Yoga with the Kindness Club</b>	Delivered by “The Kindness Yogi”, Dai Alford. Yoga sessions are great for breath control, posture, overall health and relaxation.	<b>Monday’s 3pm - 4pm</b>	To book your place and to access more information, contact John via <a href="mailto:john.gribbon@barnetcarers.org">john.gribbon@barnetcarers.org</a>
<b>Keep Calm &amp; Sing with Angie</b>	A singing workshop every fortnight to help improve breath work linked with stress and anxiety ( <i>and letting off steam by singing at the top of your lungs!</i> )	Fortnightly on <b>Wednesday’s 3 - 4pm</b>	To book your place and to access more information, contact <b>John</b> via <a href="mailto:john.gribbon@barnetcarers.org">john.gribbon@barnetcarers.org</a>
<b>Resilient Workshops with Not a Care in the World</b>	A series of workshops relating to a number of topics including: creativity and improvisation; communication strategies; counselling/psychotherapy; breath work, mindfulness and sound healing; and the law relating to social care.	<b>Thursday’s 5pm-7pm</b>	To book your place and to access more information, contact <b>John</b> via <a href="mailto:john.gribbon@barnetcarers.org">john.gribbon@barnetcarers.org</a>
<b>Barnet Carers Group Support (Formerly Millway Group)</b>	Now open to all carers in Barnet, a support group jointly coordinated by multiple organizations. Includes light exercise sessions by Better Barnet, health talks and advice from the Alzheimer's Society and Barnet Carers Centre.	<b>Second Wednesday of every month 2 - 3:30pm</b>	To book your place and to access more information, contact Killian via <a href="mailto:killian.enujuba@barnetcarers.org">killian.enujuba@barnetcarers.org</a>
<b>Carers Community App</b>	A national app for carers across the UK to connect, interact, ask questions and find out insightful information and updates on local events	Available for download	Available for download on Android and Apple devices
<b>Carers College Webinars</b>			
<b>Infection Control (CQF Based)</b>	Get the information that you need to ensure that you are following best practice at home. If you care for someone at home this webinar is an ideal way to start understanding the basics of infection control and prevention. All hand-outs and a recording will be made available after each course.	Varying availability	Available on <b>Barnet Carers TV YouTube Channel</b> and on the <b>Carers Community App</b>  Sign up to our mailing list to access the link and topic updates. You can request to do so by contacting <a href="mailto:adultcarers@barnetcarers.org">adultcarers@barnetcarers.org</a>
<b>Understanding Behaviours that Challenge (CQF Based)</b>	An ideal starting point if you care for someone where this can be an	Varying availability	Available on <b>Barnet Carers TV YouTube Channel</b> and on the <b>Carers</b>

	issue. Challenging behaviour can be very stressful and this webinar will look at the reasons for behaviour and potential approaches.		<p><b>Community App</b></p> <p>Sign up to our mailing list to access the link and topic updates. You can request to do so by contacting <a href="mailto:adultcarers@barnetcarers.org">adultcarers@barnetcarers.org</a></p>
<b>Dementia Awareness (CQF L2 Based)</b>	A great place to start if you are keen to become more dementia aware. Delivered online and as part of our lunchtime learning series, all slides and a recording of the event will be distributed to participants after the event. Want to know more about dementia - this is a great place to start.	Varying availability	<p>Available on <b>Barnet Carers TV YouTube Channel</b> and on the <b>Carers Community App</b></p> <p>Sign up to our mailing list to access the link and topic updates. You can request to do so by contacting <a href="mailto:adultcarers@barnetcarers.org">adultcarers@barnetcarers.org</a></p>
<b>Nutrition &amp; Hydration (CQF Based)</b>	Learn the basics of what you need to know about food, nutrition and hydration if you are caring for someone at home. Complete with full sets of handouts and the ability to download a recording and video, this is a really useful course if you are starting to care for someone.	Varying availability	<p>Available on <b>Barnet Carers TV YouTube Channel</b> and on the <b>Carers Community App</b></p> <p>Sign up to our mailing list to access the link and topic updates. You can request to do so by contacting <a href="mailto:adultcarers@barnetcarers.org">adultcarers@barnetcarers.org</a></p>
<b>Personal Care (CQF Based)</b>	Are you new to personal care for someone in your home? This webinar will offer you some of the basic knowledge that you might need or find valuable if you are just starting out. Complete with full handouts and a copy of the video presentation to download.	Varying availability	<p>Available on <b>Barnet Carers TV YouTube Channel</b> and on the <b>Carers Community App</b></p> <p>Sign up to our mailing list to access the link and topic updates. You can request to do so by contacting <a href="mailto:adultcarers@barnetcarers.org">adultcarers@barnetcarers.org</a></p>