**Much Wenlock & Cressage Medical Practice**

**Carers Support Information**

Carers Support is something we are passionate about and our Community Care Co-ordinator, Jeremy Roberts, has been working closely with organisations in Shropshire and the Practice to identify support mechanisms for carers.

The Coronavirus situation has led to new people taking on caring roles, for example supporting loved ones with Long Covid, local volunteer teams delivering prescriptions, groceries, befriending and dog walking. For those that have been caring for some time, shielding and lockdowns may have made this role more difficult than before.

Caring for older parents, children and partners with long-term health conditions is something many of us will do at some point in our lives. Connecting with others, but particularly at an early stage in this journey, can make all the difference.

**Services Available:**

Shropshire Council have recently (01/02/2021) brought the Carers Support Service for Shropshire in-house into Shropshire Council’s new Carers Support Team. (You can find out more about this change [here](https://www.crossroadstogether.org.uk/our-services/carerlinks/carerlinks-shropshire/).

If you are a carer looking for support, then you can still access carer support in the traditional way, by phone or e-mail:

Unpaid and family carers and professionals looking for information, advice or support can contact the Shropshire Carers Team on **01743 341995** or by e-mail Shropshire.Carers@shropshire.gov.uk

In addition there is a new support service available;

Mobilise in Partnership with Shropshire Council

This free online carers' support servicesupports Shropshire carers who look after a family member, friend or neighbour.

Mobilise offers a range of support including daily or weekly e-mails, virtual cuppas, an online community and conversations with a carers coach. There are also other really useful resources.

To register for support from Mobilise please visit their homepage:

[www.mobiliseonline.co.uk](http://www.mobiliseonline.co.uk/)

or sign up here:

<https://mobiliseonline.typeform.com/to/hNFLUsVs>

For those that are new to a caring role, have not seen yourselves as a carer, or have not connected with support before, one of the most popular tools is the “[New to Caring e-mail course](https://www.mobiliseonline.co.uk/email-course)”, taking carers through the essential first steps.