

Carers in Hertfordshire Factsheet

Information for carers whose lives are affected by a relative or friend's drug or alcohol use.



You do not have to use drugs or alcohol to be affected by them. Millions of families are living with the impact of someone's drug or alcohol use.

Although you might not see yourself as a carer, the nature of caring for someone with an addiction means that it is not uncommon for family members or friends to fulfil a carer role. And, even when you are not undertaking 'traditional' caring tasks, your emotional, mental and physical well-being are likely to be impacted.

When you register with Carers in Hertfordshire you can access the following **FREE** services:

- One to one telephone support, information, and advice with a Carer Support Advisor. All calls are confidential, and callers may remain anonymous if they prefer.
- Join our Drug and Alcohol Carers Network and receive information periodically about Drug and Alcohol service updates and provision and be offered opportunities to feedback your caring experiences through us to service providers. You will also be informed about opportunities to help co-produce and develop Drug and Alcohol services.
- Participate in our Drug and Alcohol Forums, currently running on Zoom and will also be face to face again when restrictions allow. The Forum is a good opportunity to meet other carers in similar situations. Our team can note carers' views and suggestions on particular issues, feeding them back to the relevant service providers for a response if need be. Relevant speakers from service providers also visit the Forums to hear from carers directly, and offer updates on their services.
- Signposting to learning courses and workshops run by Carers in Hertfordshire and other organisations in Hertfordshire such as New Leaf Recovery and Wellbeing College.
- Our Carers' Passport Discount Card which provides access to offers and savings from a growing range of local and national businesses.
- A range of services including Carer Support Hubs, Mentoring, Bereavement support and a Young Carers service.

Herts County Council Carer's Assessment

A Carer's Assessment is an opportunity to discuss how caring for someone affects your life and to work out how you can carry on doing the things that are important to you and your family. It is not an assessment of your ability to care, but a way to find out what support you might need to help you balance your caring role with your own needs, responsibilities and commitments. The assessment will be carried out by Herts County Council, however our Carer Support Advisors can help you think about and prepare for the assessment, to help you get the most from it.

If you would like a Carer's Assessment, visit Hertfordshire County Council's website below:

www.hertfordshire.gov.uk/services/adult-social-services/care-and-carers/carers/carers.aspx

Click on 'How to Get Help'. You can also download their Carers Assessment booklet on the same page. You can also telephone them on **0300 123 4042**.

If the person you care for is receiving services from an NHS mental health team (HPFT) you may be offered a Carers Assessment from them instead.

Drug and Alcohol Support Services

As a carer whose life is affected by someone's drug or alcohol use there are support services locally and nationally for you.

Spectrum Drug and Alcohol Recovery Services Hertfordshire The all-age drug and alcohol treatment service is delivered by "Change, Grow, Live" (CGL). The service provides evidence-based treatment interventions to people who are still using drugs and alcohol and in the early stages of recovery. It also provides support and information to family members, carers and friends of people with drug and alcohol concerns and Carer groups. Call: **0800 652 3169**.

Visit: www.changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services

The Living Room: A Hertfordshire charity that provides treatment and support for people affected by any addiction. Support is available for family members, carers and friends through specialist group counselling. Call: **0300 365 0304**.

Visit: www.livingroomherts.org

Turning Point: Provides health and social care services to people who misuse drugs and alcohol, have mental health issues or a learning disability and their family and carers. **For Hertfordshire** call **01438 724995**. Visit: www.turning-point.co.uk/

Resolve: Is an adult drug & alcohol day service provider with street worker and homeless specialist provision and a family/carers support service.

Call: **01707 690739**. Visit: www.resolve-online.org

Emerging Futures: Provides safe accommodation for those who are homeless, rough sleepers and street drinkers. They support those with severe drug and alcohol misuse issues to move towards healthier, independent living. Their floating support service also enables individuals to maintain their tenancy in their own community and provide housing clinics in Change, Grow, Live hubs. Call: **03330 124714**. Visit: www.emergingfutures.org.uk/projects/hertfordshire/

Action on Addiction: Is a UK charity that works with people with a range of addictions including drugs or alcohol. It works in prevention, treatment, research, family support and educating professionals. Call: **0300 330 0659**. Visit: www.actiononaddiction.org.uk

Adfam: A national charity that provides information and support for the families of drug and alcohol users. Call: **020 3817 9410**. Visit: www.adfam.org.uk

Al-Anon: Provides support to anyone whose life is, or has been, affected by someone else's drinking. The Helpline is **0800 0086 811**. Visit: www.al-anonuk.org.uk

Drugfam: Provides support nationally for families, friends, partners and significant others affected by someone else's addiction to drugs, alcohol or gambling. It also supports those bereaved by drugs, alcohol, gambling and related causes. The Helpline is **0300 888 3853**. Visit: www.drugfam.co.uk

FamiliesAnonymous (FA): A world-wide fellowship of family members and friends affected by another's abuse of mind-altering substances, or related behavioural problems. Any concerned person is encouraged to attend the meetings, even if there is only a suspicion of a problem. The Fellowship is a self-help organisation with a programme based on the 12 Steps and 12 Traditions first formulated by Alcoholics Anonymous. The Helpline is: **0207 4984 680**. Visit: <http://famanon.org.uk/>

Nar-Anon: A 12 step anonymous recovery programme for families and friends of those affected by someone else's addiction to drugs. Nar-Anon's mission is to support the recovery of all those caring or around addiction, by sharing their Experience, Strength and Hope, through virtual daily meetings with other members. Call: **08455 390 193**. Visit: www.nar-anon.co.uk

SMART Recovery: Provides facilitated Smart Family and Friends mutual aid meetings as well as online training materials for family and friends of people with a drug and/or alcohol addiction. Visit: www.smartrecovery.org.uk

We are with you (formerly Addaction): Provides free, confidential support to people experiencing issues with drugs, alcohol or mental health. Call: **020 7251 5860**. Visit: www.wearewithyou.org.uk

How to contact Carers in Hertfordshire:

If you are in Hertfordshire and provide unpaid care to someone who wouldn't manage without your help, or you live elsewhere and look after or support someone in Hertfordshire, we can provide information, advice or support to help you in your caring role. We respect your privacy. To contact us you can:

Write to: Carers in Hertfordshire, The Red House, 119 Fore Street, Hertford, Hertfordshire, SG14 1AX.

Call: 01992 58 69 69 (9.30am-5pm Mon-Thurs, 9.30am-4pm Friday, closed bank holidays).

Email: contact@carersinherts.org.uk

Website: www.carersinherts.org.uk

The information on this factsheet is correct at the time of issue. Carers in Hertfordshire takes no responsibility for any inaccuracy in facts supplied to them.