

June 2017 Press release

End Loneliness in Mendip campaign – focus on carers

Mendip District Council, working alongside a number of leading local health and wellbeing service providers, including Health Connections Mendip, Somerset Public Health and Mendip General Practices, has launched the End Loneliness in Mendip campaign, which aims to raise awareness of the support available for older people who are suffering from loneliness.

Compass Carers is the latest local organisation to back the campaign. Compass Carers offers support for unpaid carers across Somerset, giving information, advice and guidance as well as emotional support, signposting, training, and a telephone befriending service.

A carer is someone of any age who provides support to family or friends, who could not otherwise manage without their help. They may be caring for a relative, partner or a friend who is ill, frail, disabled or has mental health or substance abuse issues. Many carers live with the person that they care for and many look after someone who lives independently or is in hospital, in supported accommodation or in a care home.

Moira Brunt, from Compass Carers, said: “Often, carers feel isolated in their role. Our support can, in the first instance, make the carer feel they’re not alone. We offer one to one support and facilitate support groups so that carers can share stories and experiences.

“Our training programme helps to arm carers with the tools to continue in their caring role. We are able to look within the local area and signpost carers to the most appropriate support services available to them. Our Telephone Befriending Service offers carers a regular call to talk about anything and everything.

“If you’re a carer you may wish to come along to a Carer Support Group for a cuppa and meet others in a similar situation - you would be very welcome!”

Carer support group meetings take place all across Mendip. To find out more, contact Compass Carers on 01823 255911.

There are a wide variety of services that support carers. Caroline Toll, Carers UK Ambassador in East Somerset, spent Carers Week at Frome Medical Practice meeting with members of the public to let them know about the support available.

For more information about the End Loneliness in Mendip campaign, visit the website - www.endlonelinessinmendip.org.uk