



# Your health and wellbeing

How to look after your health and wellbeing while carrying out your caring role



## Our health and wellbeing fund

When we contact you to talk to you about your needs we can discuss whether you may be eligible for help from our health and wellbeing fund.

This fund is available to improve the health and wellbeing of you as a carer and to support you in your caring role.

It can be used for items or services to help support your mental or physical wellbeing, your caring role, assist you to manage at home, to access some time for yourself, provide help looking at your finances or if you would like some help getting back into work. Some examples might include:

- Exercise classes
- CBT sessions
- Tablet to contact friends / access support
- Lifting and handling training
- Furniture / appliances to make home life easier
- Travel tickets
- Counselling sessions
- Interview training
- Careers advice.



## Cuppa Care Bus

The Cuppa Care Bus is aimed at preventing and reducing social isolation and loneliness across Norfolk communities.

Whether you just want to get out of the house, to meet new people, or chat about something that's worrying you – there are friendly people on board the Cuppa Care Bus who can help.

To find out more about where the bus will be and when visit [hearfornorfolk.org.uk/cuppa-care](http://hearfornorfolk.org.uk/cuppa-care)

Apart from Hear for Norfolk, who run the bus, you can also get support from Age UK Norwich, Vision Norfolk, Norfolk LGBT+ Project, Norfolk and Waveney Mind, Norfolk CAB, Age UK Norfolk and The Wellbeing Service.



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## Staying active

When you are looking after a family member or friend it can be difficult to take care of your own health and wellbeing. But there are ways you can stay active.

Active Norfolk have a number of resources that can help you and the person you care for at [activenorfolk.org](https://activenorfolk.org)

Their advice and videos include information on:

### Staying active at home

Whether you're looking for a home workout, everyday activities to keep you moving, or something a little different, there are plenty of ways to get active at home.

Exercise is for everyone, and as a result they have tips on keeping physically active for all ages, genders and abilities.

This includes exercises for those with disabilities and long-term health conditions, exercises for mental health and wellbeing, and exercises to keep you moving.

To find out more about staying active at home visit [activenorfolk.org/public/get-active/active-at-home](https://activenorfolk.org/public/get-active/active-at-home)

### Active Outdoors in Norfolk

Norfolk is abundant with beautiful open outdoor spaces. If you are able to get out and about there are plenty of places to remain active outdoors in the county.

For information about ways to be active outdoors visit [activenorfolk.org/public/get-active/active-outdoors](https://activenorfolk.org/public/get-active/active-outdoors)

### Getting active with a disability

Active Norfolk are working to make it easier for people with disabilities to get active in Norfolk.

Find out more about how you can stay active if you have a disability at [activenorfolk.org/public/get-active/active-disability](https://activenorfolk.org/public/get-active/active-disability)



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## Wellbeing Norfolk and Waveney

Wellbeing Norfolk and Waveney provide a range of support for people with common mental health and emotional issues, such as low mood, depression or stress.

This can help you and the person you care for.

They can work with you to help you make the necessary changes to improve your wellbeing and quality of life. They can help you with:

- One-to-one support
- Online CBT Modules
- Guided Self Help
- Services for young people
- Relationship counselling or couples, individuals and families
- Courses to help you achieve a better sense of wellbeing
- Peer support and access to social groups in your area
- Helping you find other support for issues affecting your wellbeing such as debt, housing, employment.

Visit the Wellbeing Norfolk and Waveney website at [wellbeingnands.co.uk/norfolk](http://wellbeingnands.co.uk/norfolk)



## Side by side – Mind's online community

Side by Side is an online community run by Mind, the mental health charity, where you can listen, share and be heard.

**It is a place to be yourself** – they welcome everyone over the age of 18. They know what it's like to struggle sometimes and that a little extra support can make a big difference.

**Someone to talk to, whenever** – the online community is open 24/7. You'll always have someone to connect with day or night.

**A safe and trusted place to be** – the community is moderated by the team at Mind and protected by their community guidelines.

Visit Side by Side at [sidebyside.mind.org.uk](http://sidebyside.mind.org.uk)