

# AXIS Carers Project



**Supporting the needs of South Asian and Black and Minority Ethnic (BME) carers who look after someone with mental health difficulties**



## What is AXIS Carers Project?

The Axis Carers Project is a city-wide project that offers support and respite care to you if you are black or from an ethnic-minority group and you look after someone who has mental health difficulties.

It is funded through our Adults and Communities Directorate, as part of the Government's national strategy for carers.

## What is a carer?

A carer is a person who provides regular or a lot of unpaid support and help to someone with mental health difficulties. Carers may not live in the same house as the person they care for, but may spend a lot of time visiting them, keeping in touch by phone, or doing tasks for them.

## What do you offer?

We work with colleagues from both local-government and voluntary sectors to provide you with a range of services and support. Because this support is based on carers' individual needs, it will differ from carer to carer. We aim to make sure that we give all carers information that is up to date and consistent. We will also tell you about other organisations that can offer support. The team offers you a range of culturally sensitive services, such as supporting you if English is not your first language. Our team can speak Punjabi, Hindi, Urdu, Bengali and Gujarati.

## **We offer the following support.**

- Practical, emotional and culturally sensitive support and guidance
- Links to existing adult social care support available from the council and links to carer support groups
- Care for the carer, or the person they care for
- Training and information on mental health awareness
- How to get help from mental health services, including emergency response teams
- Information about breaks for carers (respite care)
- Access to education or training
- Alternative therapies, such as Indian head massage or reflexology

## **Young Adult Carers Project**

The Axis Carers Project aims to work alongside social care and health professionals who work with carers aged 18 to 25. This service is developed to specifically help you if you are no longer a part of Children's Services but still need support to care for someone. The service aims to develop models of good practice for supporting young carers.

### **Support available:**

- Information, advice and guidance
- Adult education and training opportunities
- Mental health awareness
- Breaks for carers
- Social activities

## More Information

If you want more information please contact:

**AXIS Carers Project**  
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## Your right to be heard

If you have any comments, compliments or complaints, please contact:

**Customer Care and Citizen Involvement Team**  
**Birmingham City Council**  
**Adults and Communities**  
**Level 6**

**Louisa Ryland House**  
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Phone: **0121 303 5161**

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