**Carer Liaison worker – Nasima Begum**

My role provides dedicated time in offering support to the Carers accessing the Primary Care Mental Health Service when their loved ones are referred to the service.

As a Carer Liaison Worker, the role is to ensure:

Assess Carers emotional and practical needs and provide interventions to meet those needs.

Support is offered with the following;

Signposting Carers to the right services working alongside key organisations and partners such as RETHINK and the Tower Hamlets Carers Centre, where Carers can receive a carer’s assessment and access resources in regards to welfare support, relaxation therapies and attend various social community events.

Carers are encouraged to explore family work within the Primary Care Mental Health Service. An evidence-based psychoeducational approach known as Behavioural Family Intervention BFI is a practical skills-based intervention offered to families. The carer liaison would be able to explore this intervention once they have established a working relationship with the carers based on their needs.

The Carer Liaison role plays an integral part in promoting Health and Wellbeing and offers a support group for Carers to attend once a fortnight, known as the Carers Hub. Carer Liaison offers to 1:1 support through caseload offering both short term interventions and longer pieces of work.

**Carers Agenda**

Is involved in working closely with borough-wide Lead of Psychology and Psychological Therapies Services on the Tower Hamlets Carers Strategy on changes and improvements to carer engagement and working with families.

**Carers Hub**

Led by Nasima Begum, The Carers hub was founded and launched in April 2017 by Senior Practitioner Nurse **Hannah Bjorkstrand & Nasima Begum** Carer Liaison Worker. Supported by Naz Islam Peer Support Worker

The Carers Hub offers a space for Carers to access information on seeking help from outside organisations as well a safe space for families to take respite from their day to day caring role.

We meet for the Carers Hub for an hour and half once every two weeks on Wednesdays. Carers attend the hub at our office base at 86 Old Montague St - Primary Care Mental Health Service.