

GETTING HELP & SUPPORT

Carers Support Centre

The Carers Support Centre provides information, advice and services focused around supporting carers. The Carers Line (0117 9652200 is open from 10am – 1pm each weekday (closed on bank holidays).

Carers Line is the confidential information and support service for carers in Bristol and South Gloucestershire. You can contact them with any questions or concerns that you have to do with your caring role. They make time for everyone who contacts them and understand the difficulties that carers face. They are there to listen to your concerns.

The Carers Line can help with:-

- Benefits and other financial matters affecting carers, including debt
- Breaks from caring and other ways of looking after yourself
- Juggling work and care
- Where to start in getting help at home
- Support for carers in health settings
- Aids and adaptations
- Transport and travel issues
- Guidance with form filling and where to go for further help
- Managing other people's affairs

Are you looking after someone – but who is looking after you?



Close Farm Surgery

Close Farm Surgery Carers Information Leaflet

Close Farm Surgery
47 Victoria Road
North Common
Bristol BS30 5JZ
Telephone: 0117 9322 108
closefarm@nhs.net
www.closefarmsurgery.co.uk

CARERS IDENTIFICATION

You may be a carer if you provide help and support to a partner, relative, child, friend or even a neighbour who could not manage without your help due to physical or mental illness, disability, frailty or addition. There are thousands of unpaid carers across South Gloucestershire but many people do not think of themselves as carers.

Becoming a carer can feel isolating and it is often a struggle to get the information you need.

If you are new to caring we would encourage patients to book an appointment with our GP Liaison worker Mary Bennett. Mary can help with:-

- Support to access appropriate children or adult care services
- Carers assessments which may result in a direct payment to take a little break from caring
- A disability and carer benefits check
- Links to appropriate emotional support
- Information on the carers emergency card
- Advice about staying in or returning to employment
- A chance to talk about how caring is affecting you

Mary attends the practice every other month but is happy to see patients either at their home or in the surgery outside of these clinics to fit in with your caring responsibilities. Mary can be contacted on 07557 440 311.

YOU ARE IMPORTANT TOO!

As a carer it is important that you look after your own health. It is easy not to look after yourself when you are looking after someone else. Here at Close Farm Surgery we want to do all that we can to help **you** stay healthy.

- We hold a carers register where we add a note to your records stating you are a carer so the clinician can take this into account when treating you.
- When you book an appointment please let the receptionist know that you are a carer so that we can offer you appointments that fit in with your caring responsibilities.
- You will be offered a free flu vaccination each autumn. Please book in for this vaccination as it is the best protection we have against what can be a very nasty virus. It is important that you stay healthy too.
- We offer free health checks for carers. During this health check we will discuss your diet, alcohol consumption and exercise levels as well as taking your height, weight and blood pressure. We will also take a cholesterol and glucose (sugar) blood test which will check your levels and indicate if further investigations or indeed medication is required.