

In the Community

Carer Support Wiltshire provide FREE and confidential information, advice and Support to all Carers in Wiltshire.

It does not matter if a person is caring for someone occasionally or for longer lengths of time, Carers may request the free pack. It contains lots of useful information plus contact details of other organisations to assist people in their caring role.

We offer:

- ◆ A Carers Information Pack
- ◆ A home visit if required
- ◆ Signposting to Agencies for help with benefit claims
- ◆ Someone to listen
- ◆ The chance to meet Carers at our Carers Groups
- ◆ Regular newsletters
- ◆ News of special days out and therapies available for carers
- ◆ Training to support you in your caring role
- ◆ Information about our befriending service and breaks for Carers
- ◆ Volunteering opportunities

For further information please visit the
Carer Support Wiltshire website
www.carersinwiltshire.co.uk
or telephone 08001814118

Don't Forget!

Carers are also offered a FREE Flu Jab, please make sure you have yours!

Please telephone the surgery during September to make an appointment.



Are you a Carer?

If you answer YES to this question please pick up a slip from Reception or from the Carers board in the Nurses Waiting Area.

This allows us to inform your GP you are a Carer and gives you access to Annual Health Checks and flexible appointments.

Alternatively please fill in the box below and hand this leaflet to Reception.

Please tick the box and complete the details

- I am a Carer and would like to be put onto The Health Centre's Carers register.

Name:

Address:

Post Code:

Telephone:

I Care For:

Date of Birth:

Whose health problems are:

- I would be happy for my details to be passed on by the Health Centre to **Carers Support Wiltshire** to enable me to receive **FREE** confidential support and a **FREE** information pack.

Signed: _____ Print name: _____

Date: _____



**Bradford on Avon &
Melksham
Health Partnership**

Carers Information

How much do you know?



Did you know?

One in Eight adults in the UK are Carers?

There are 39,567 Carers in Wiltshire

Who is a Carer?

A Carer is someone who looks after a relative, partner or a friend who cannot manage at home without help due to a disability or illness or because they are elderly or frail.

Around 3 in 5 people will be a Carer at some point in their lives.

Carers fall broadly into 3 groups:

1. Adult Carers

An adult caring for another adult such as a spouse, partner, friend or relative.

Three Million people in the UK juggle work with Caring Could you do it?

2. Parent Carers

An adult who cares for an ill or disabled child.

In the UK 58% of Carers are Women

17% of Carers in Wiltshire provide 50 or more hours care per week.

3. Young Carers (under 25 years old)

A child or young person (aged from 5 to 25) whose life is affected by caring for at least one family member, over and above just 'helping out'. This could include caring for:

- ◆ Parent (s)
- ◆ Grandparents(s)
- ◆ Sibling (s)
- ◆ Close Relatives (s)

There are 969 Carers in Wiltshire who are under the age of 18.

Helpful telephone numbers and websites

The Health Centre: **01225 866611**

Appointments line: **01225 865200**

Home Visits: **01225 860018**

Health Centre Website: **www.boamhp.co.uk**

Out of Hours: **111**

LINK: **07957 367124**

Cares Emergency Card Scheme: **0800 066 5068**

Carer Support Wiltshire : **0800 181 4118**
www.carersinwiltshire.co.uk

CAB Trowbridge : **0845 120 3737**

Young Carers: www.youngcarers.net



We're here to help!

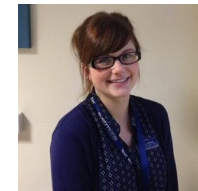
Support for Carers at The Health Centre

The Health Centre runs an annual health check service for Patients who are Carers.

Appointments are designed to give Carers a full health check and an opportunity to discuss their health.

The appointment will last approximately 15 to 40 minutes.

Representatives from Carer Support Wiltshire and the Wiltshire Council/DWP Financial Assessment & Benefits Team are also available to offer advice or answer any queries.



Hayley Holland
Practice Carers'
Representative
01225 860026

Hayley is able to provide help and information to Carers. She is also able to access services for you (appointments etc) so that they can be arranged at a time that suits you.

