**Useful Contacts:**

***Bristol City Council Health and Social Care: Care Direct Team*** – provides information, advice assessment and commissions and arranges care and support services.
Telephone: 0117 922 2700
Email: adult.care@bristol.gov.ukwebsite: [www.bristol.gov.uk/carers](http://www.bristol.gov.uk/carers)
For emergencies outside office hours telephone 01454 615 165
Apply for benefits: www.gov.uk/carers

***Carers UK***: Practical support, help and advice for carers. Information and advice on benefits, assessments, getting help, health, work and technology.
Telephone: 0808 808 7777
Email: info@carersuk.org

Website: [www.carersuk.org](http://www.carersuk.org/)

***Carers Trust***: help and advice for unpaid carers about money & benefits, carers assessment, getting a break, health & wellbeing, out & about and working & learning.
Website: [www.carers.org](http://www.carers.org/)

***NHS choices: Care and support*** – a guide for people who have care and support needs, their carers and people who are planning for their future care needs.
Telephone: Carers Direct 0300 123 1053
website: [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

***Citizens Advice***: help and support for carers including care needs assessments and financial help.
Telephone: 03444 111 444 (charges apply)
website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk/)

**LOOKING AFTER SOMEONE?
Do you look after someone who could not manage without you?**



**CARERS LEAFLET**

Website: [www.bridgeviewmedical.nhs.uk](http://www.bridgeviewmedical.nhs.uk)

Branch list

* Southville Surgery
* Malago Surgery
* Gaywood House Surgery
* Marksbury Road Surgery
* BS1 Surgery

***Are you a carer?***

An unpaid carer provides help and support to a partner, relative, child, friend or neighbour who could not manage without your help due to physical or mental illness, frailty or addiction. There are thousands of unpaid carers in Bristol.

Anyone can become a carer – children, parents, spouses, partners and friends. Many people don’t think of themselves as carers; they just look after someone close to them. Caring often starts in small ways, as you find that someone close to you gradually needs more help from you.

***Support for you***

Becoming a carer can feel isolating and its often a struggle to get the information you need.  When you are looking after someone it is important to have some help and support for yourself, such as a break from caring. Your local ***Carers Support Centre*** will be able to tell you how they can help and explain about Carers Assessments.
***Carer Support***: 0117 965 2200

The Carers Support Centre is a local organisation that can provide you with information and advice on any aspect of caring and services that might be useful.

They can put you in touch with other organisations that offer specialist support, for example advice and support to help you care for patients with dementia, mental health problems or recovering from a stroke.

The ***Carers Support Centre*** can advise on any financial help you or the person you look after may be entitled to. They can provide details of carers groups that meet nearby where you can share practical ideas and find friendship.

***Your own health***

As a carer it is important that you look after your own health. It is so easy not to look after your own health when you have the pressure of looking after someone else.  Here at Bridge View Medical we want to be able to do all we can to try to help you stay as fit and healthy as possible

For example, we are keen to offer flu vaccinations to carers each year.

We keep a register of carers who are our patients so that we can let you know about any new services or support that becomes available.

Through our links with the ***Carers Support Centre*** we are able to book carers straight into one to one support sessions with a trained advisor. Please speak to our Care coordinators to pass on your details, one of our Community Resource Leads will phone you as soon as they can.

**Please register yourself as a Carer at reception, discuss it with your Doctor or return the form enclosed in this pack.**