

You may be a Carer.....

.... if you provide help and support to a partner, relative, child, friend or neighbour who could not manage without your help. Caring responsibilities can include a huge variety of different tasks such as personal care, home care and taking care of bills and other administration.

Many people don't think of themselves as a Carer, often because they see it as simply part of their responsibilities. Caring often starts in small ways as you find that someone close to you gradually needs more help.

Young Carers

A young Carer is someone aged 5—18 who cares for a family member or friend. They do an amazing job of helping others however, the additional responsibilities may result in them needing extra help and support. Further information can be found by visiting: <https://www.carersbsg.org.uk/young-carers>

Your Own Health

As a Carer, it is important that you look after your own health, which can be difficult when you have the pressure of looking after someone else. Here at Bedminster Family Practice we want to do all we can to help you stay as fit and healthy as possible. We will do our best to help you look after yourself as well as the person you care for.

We keep a Carers Register so we can let you know about any new services or support that becomes available. Circumstances do change, so please advise us if you no longer care for someone, and we will remove you from the Register.

If you think you may be a Carer, we can arrange for a Carer's Pack to be sent out to you.

ARE YOU A CARER?



Do you look after someone who could not manage without you?

**Bedminster Family Practice
Regent Road**

BRISTOL BS3 4AT

Tel: 0117 966 3149

www.bedminsterfamilypractice.nhs.uk

Standard Surgery Times:

Mon—Fri 08.30—18:30

(We also offer extended hours and some Saturday clinics.
Please contact us for details)

Out of hours:-

Emergency: Phone **999**

NHS 111: You should use the **NHS 111 Service** if you require urgent medical help or advice which cannot wait until the surgery re-opens

Support for you

Becoming a Carer can feel isolating and it's often a struggle to get the help and 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 Council will be able to tell you how they can help and explain about Carers Assessments. Visit www.bristol.gov.uk/carers for further information.

Carers Support Centre

The Carers Support Centre is a local organisation who provides information and advice relating to all aspects of caring and related services such as:

- One to one support
- Carer's Assessments
- Support Groups
- Counselling
- Carers Break Service
- Carers Emergency Card

They can also advise on any financial help that you or the person you care for may be entitled to, and can put you in touch with other organisations that offer specialist support for people with dementia, mental health problems or recovering from a stroke.

CarersLine is a confidential phone and email information and support service for Carers in Bristol, If you have any questions or wish to talk about any concerns you have about your caring role, call them on 0117 965 2200 or visit : carersline@carersbsg.org.uk

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.uk

website: www.bristol.gov.uk/carers

For emergencies outside office hours telephone 01454 615 165

Apply for benefits: www.gov.uk/carers

Carers UK:

Provides 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

Young Carers support:

Provides help, support and advice to young Carers.

Telephone: 0117 965 2200

Website: <https://www.carersbsg.org.uk/young-carers>

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

Well Aware:

Provides information on health, wellbeing and community resources.

Telephone: 0808 808 5252

Website: wellaware.org.uk