

Carer Support Wiltshire

Whether you care for somebody 24/7 or just occasionally, Carer Support Wiltshire provides FREE, confidential information, advice and support to all carers in Wiltshire. They can provide:

- Carers Assessments
- A Carers Information Pack
- A Home Visit if required
- A Carers Emergency Card
- Signposting for debt or benefits advice (CAB: 01249 454733)
- Regular Newsletters
- Training to help you in your caring role
- Opportunities to meet other carers
- Group Activities
- Counselling
- Befriending
- Outings and Pampering
- Carers Grants

For more information:

FREEPHONE: 0800 181 4118
Website: www.carersinwiltshire.co.uk
or visit the local office:
15 New Street
Salisbury
SP1 2PH



3CMP Carers Leads:

Clare Christopher

Tuesday – Thursday at Three Swans

Lyn Seymour

Tuesday and Thursday at Endless Street.

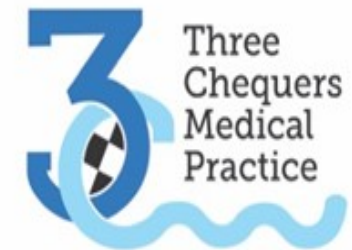
Please do not hesitate to contact us if you need any help, advice or information.



Three Chequers Medical Practice
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www.3chequers.co.uk

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Three Chequers Medical Practice



Information for Carers

**There are over 47000 unpaid
Carers in Wiltshire - that's 1 in 10
of the adult population so
YOU ARE NOT ALONE!**

Who is a Carer?

A Carer is someone who looks after a relative, partner, neighbour or friend who is unable to manage at home without help. This might be due to a disability, illness (physical or mental), substance misuse, eating disorder or simply because they are elderly and frail.



Recognising you are a Carer is the first step to gaining help, advice and support.

The three main categories are:

- 1) Adult Carers - caring for another adult (often a spouse or partner), parent, friend or neighbour.
- 2) Parent Carers - caring for a child who is disabled, sick, who has autism, who is misusing substances, or has an eating disorder.
- 3) Young Carers (aged 5 - 18) - caring for or helping to care for another family member.

What can the Surgery do to support you?

We know that caring for somebody can take a huge toll on your wellbeing: physically, mentally, emotionally and financially. There are various ways we can help you:-

- 1) By letting us know that you are a Carer, we can ensure that we are flexible when you need an appointment at the Surgery.
- 2) Once we know that you are a Carer, it will better enable our Clinical Team to be aware of your needs.
- 3) We can ensure that you are invited to have an annual flu jab.
- 4) We can invite you to attend one of our regular Carer's Clinics for a health check and the opportunity to speak to someone from Carer Support Wiltshire.
- 5) We can invite you to our Carers coffee mornings and other events.
- 6) If appropriate, we will refer you to Carer Support Wiltshire, the Wiltshire Parent Carer Council, or Wiltshire Council (for Young Carers).
- 7) We can arrange for you to have an assessment of your needs as a Carer.



Who can you speak to at the surgery?

Clare, our Patient Support Lead, is available to speak to carers Tuesday—Thursday face to face or on the phone. She can organise referrals to various support organisations; help you fill out forms, or just be a listening ear. Please ask at Reception and Clare will contact you to arrange an appointment.

Lyn is our Reception Lead at Endless Street and used to be a Carer herself. Lyn works Tuesday and Thursday and is always happy to grab a few minutes away from the Reception desk to talk to Carers. You can also ask for Lyn if you need help with appointments.

Alternatively you can ask any receptionist for a carers identification form to complete and then hand back to the receptionist to allow us to contact you direct.

We would like to hear from you!