

Are you a Carer?

Do you look after someone?

A Carer is anyone who cares, unpaid, for a family member or friend who could not always manage without their support. This might be due to a disability, long-term health condition, mental health issue, substance misuse, or simply because they are elderly and frail.

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

We would like to hear from you!

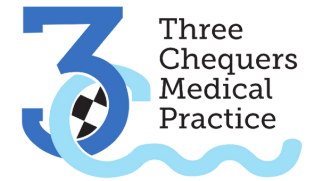
Our Carers Team works Tuesday to Thursday and are just a phone call or email away!



Telephone:
01722 336441



Email:
three.chequers@nhs.net



INFORMATION FOR CARERS

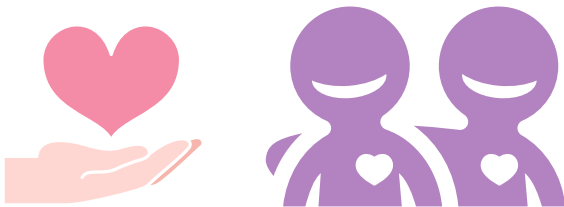
*There are 47,000 unpaid Carers in Wiltshire, that is **10% of the adult population***



What can the Surgery do to Support you?

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

- 1) We offer Carers priority and flexibility of appointments
- 2) We ensure that your notes are updated to reflect that you are a carer, so that any member of the team you're interacting with can see
- 3) We can ensure that you are invited to annual flu vaccination clinics and any other appropriate immunisations (e.g. COVID boosters)
- 4) We can invite you to attend one of our regular Carers Clinics for a health check and the opportunity to speak to someone from Carer Support Wiltshire
- 5) You will be invited to Carer's Coffee Mornings and other events



6) We can refer you to Carer Support Wiltshire, Wiltshire Parent Carer Council, Wiltshire Council (for young carers) and other local services for support.

7) We can be a listening ear

8) We can apply for grants if you need financial help for something specific

Categories of Carers

There are three main categories of Carers:

1) Adult Carers

Caring for another adult, often a spouse or partner but could be a parent, friend or neighbour.

2) Parent Carers

If your child requires more care from you than other children of the same age and they are likely to need you to care for them for the rest of their lives, you are probably a Parent Carer. Your child may have a physical disability, autism, a hearing impairment, learning difficulties or complex health needs.

3) Young Carers (5 to 18 years old)

Caring for or helping to care for another family member

Our Carers Team



Clare Christopher - Carer's Lead



Lyn Seymour - Carer's Lead

Our Carers Leads are Clare Christopher and Lyn Seymour.

They are jointly responsible for Carers projects that Three Chequers Medical Practice organises, such as the coffee mornings and have been responsible for the achievement and maintenance of the practice's Platinum Award from Carer Support Wiltshire for the past 3 years.

