

## **Sunderland Carers' Centre**



**Does a family member,  
friend or neighbour  
depend on you to help  
with their day-to-day  
living and emotional  
support?**

## Sunderland Carers' Centre



**Without your support  
could the person or  
people you look after  
manage alone?**

# Sunderland Carers' Centre



**You could be giving any or all of the following...**

- Unpaid care and support
- Personal care like washing, bathing or feeding
- Cooking or shopping
- Housework
- Help with medication
- Emotional support and company
- Looking after their finances
- Supporting them to attend appointments

## Sunderland Carers' Centre



**Looking after someone can  
sometimes bring practical  
and emotional problems  
which may affect your own  
health and well-being**

**This GP practice is working with**

**Sunderland Carers' Centre**



**to offer information and  
support to patients who have  
taken on such a caring role  
including young carers**

# **Sunderland Carers' Centre**



**Tell the reception staff or GP about your caring role and ask for this to be recorded on your patient record**

**The Practice staff can then tell you about the services Sunderland Carers' Centre can offer to help you**

# Sunderland Carers' Centre



**We recognise you as a  
carer - without your  
support the person or  
people you look after  
could not manage alone**

**Look out for the Carers' Centre leaflet in our reception area for more information...**

