



Tell us a little bit more...

How many people do you care for currently?

Is the person/people you care for registered at the surgery? *
Yes No

Is the person/people you care for near the end of their life?

Are you this person/people's main carer?

Do you have any current concerns about the health and well-being of:
 yourself?
 the person / people you care for?

What is the main condition the person or people you care for have?

Signature and today's date:

All done? Cut out this slip and hand it to our reception team or post it to us

* Completing this form does not automatically entitle you to have access to the medical records of the person you are caring for

We're here if you need us

The Spinney Surgery
Ramsey Road
St Ives
PE27 3TP

Telephone: 01480 495347
Website: www.spinney-surgery.org.uk
Facebook: /thespinneysurgery



Are you a carer?

We'd like to help...

Did you know 3 in 5 people will care for someone in their lifetime?

A carer is anyone who cares, unpaid, for a family member or friend who due to illness, disability, a mental health problem or an addiction, cannot cope without their support.

Being a carer can often affect your own health but your GP can support you if they know you care for someone.

If your GP surgery know you are a carer they can:

- support you with any physical health issues related to your caring role i.e. tiredness, aches
- talk to you about your mental health and the impact of your caring role
- refer you to helpful organisations that can improve your caring situation
- refer you for a Carer's Break payment if your caring role is impacting your health, potentially meaning you can take a break

Useful Contacts

Caring Together

(www.caringtogether.org) is a leading charity supporting carers of all ages across Cambridgeshire, Peterborough and Norfolk.

Carers Trust (www.carers.org/) is a major charity for, with and about carers and has a number of resources to use.

The **GOV.UK** (www.gov.uk/) website has information about Carers Allowance as well as other helpful schemes.

Did you know 1.3 million people provide over 50 hours of care per week?



Spinney Surgery Carer Registration Form

You can fill in this form to let us know that you are carer. When you're done, cut off this section and hand it to our reception team or post it to us.

First name:

Surname name:

Date of birth:

Address & postcode:

Mobile number:

Email address:

To get in touch with you, can our staff at the surgery:

- Send you texts?
 Send you emails?