

Danes Camp Medical Centre  
Rowtree Road Northampton NN4 0NY  
Tel: 01604 709426  
<http://www.danescampsurgery.nhs.uk>

# Danes Camp Medical Centre Carer's Pack



This pack contains the following:

- Carer's Identification and Referral form
- Carer's Information of records agreement form
- Carer's contact sheet
- Northamptonshire Carers Service explained

We are trying to identify and support as many Carers as we can.

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## Carers Identification and Referral Form

**Do you look after someone** with a long-term illness, who is disabled, frail or suffers with dementia?

YOUR DETAILS:	
Name	
Date of Birth	
Address	
Postcode	
Home Phone	
Mobile Phone	
Signature:	Date:

DETAILS OF THE PERSON YOU LOOK AFTER:	
Name	
Date of Birth	
Address and Postcode (if different from above)	
Contact Telephone Number (if different from above)	
Relationship to me	
Brief details of medical condition or reason you are providing care	
Details of the GP practice where the person you care for is registered	

We will refer you to the Carers Service for further information and support.

**Please tick if you do NOT wish to be referred.**

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## Agreement by a Patient to allow a Carer to have access to their Personal Details and / or Medical Records

Patient's Name	
Patient's Address and Postcode	

To: Danes Camp Medical Centre

I give permission for my Carer, (Carer's full name: .....)  
to have access to my personal details and medical records held by the Practice.  
(Details below)

**Please tick which option is applicable below:**

This permission relates to all my records.	
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This permission relates to part of my records.	
Please specify the parts of the record to which access is allowed and any areas which are specifically excluded.	<input type="checkbox"/> Medication Past and Present <input type="checkbox"/> All Investigations <input type="checkbox"/> Correspondence (Medical /social care) <input type="checkbox"/> All consultation records

This permission relates to a specific condition	
Please specify the condition.	

I understand that this permission will remain in force until cancelled by me in writing and that the doctor may override this authority at any time.

By signing below I consent to the above information being recorded on my medical record.

Print name: \_\_\_\_\_ Signed Patient: \_\_\_\_\_

Print carers name: \_\_\_\_\_ Signed by Carer: \_\_\_\_\_

Date: \_\_\_\_\_

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## Carers Contact Sheet

RESOURCE	CONTACT NUMBER / DETAILS:
Emergency Medical Care	Tel: 999
Out of hours and Urgent Medical Care	Tel: 111
District Nurse (SPOA) Contact, includes Specialist Palliative Care and ICT	Tel: 0300 777 0002
Emergency Dentist	Tel: 111
Adult Social Care	Tel: 0300 126 7000 <a href="http://www.northamptonshire.gov.uk/adultsocialcare">www.northamptonshire.gov.uk/adultsocialcare</a>
Northamptonshire Carers	123 Midland Road Wellingborough NN8 1LU Tel: 01933 677837 <a href="http://www.northamptonshire-carers.org">www.northamptonshire-carers.org</a>
Alzheimer's Society	Tel: 0300 222 1122 <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
Age UK (Northamptonshire)	Tel: 01604 611200 <a href="http://www.ageuk.org.uk/northamptonshire">www.ageuk.org.uk/northamptonshire</a>
Age UK (Northampton) Sitting Service (chargeable Service)	01604 611200 <a href="mailto:access@ageuknorthants.org.uk">access@ageuknorthants.org.uk</a>
Arthritis Care UK	Tel: 0300 790 0400 <a href="http://www.arthritiscare.org.uk">www.arthritiscare.org.uk</a>
Mind	6-7 Regent Square Northampton NN1 2NQ Tel: 01604 634310 <a href="http://www.mind.org.uk">www.mind.org.uk</a> Mind Infoline 0300 123 3393
Citizens Advice Northampton	Tel: 0344 488 9629 Central and East Northants - <a href="http://www.cencab.org.uk">www.cencab.org.uk</a> National Telephone Line:-03444 111 444
TuVida - North Bucks & Milton Keynes	Tel: 01908 260 444 Unit 3 Stable Yard, Mount Mill Farm, Stratford Road, Wicken, Milton Keynes, Buckinghamshire, MK19 6DG <a href="http://www.tuvida.org/buckinghamshire">www. https://www.tuvida.org/buckinghamshire</a> Email : <a href="mailto:buckinghamshire@tuvida.org">buckinghamshire@tuvida.org</a>

### Other Useful Websites

- [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)
- [www.carenorthants.co.uk](http://www.carenorthants.co.uk)
- [www.wholooksafteryou.co.uk](http://www.wholooksafteryou.co.uk)

## Carers Service Explained

- **1-1 Telephone Support** – Listening and emotional support/information and advice in times of difficulty, usually for around 6 weeks to help Carer cope with a difficult period. Can be daily, weekly, monthly or as agreed with Carer and can be extended in response to Carers needs.
- **Peer Support Workers** – Trained members of staff who are or have been a Carer.
- **Carers Sitting Service** – Volunteers to sit with Carer on a regular basis, usually weekly for around 2 hours per session. Unable to provide personal care or lifting. On occasion recruitment may be necessary before a sitter is available.
- **Health and Fitness** – Carers can book and attend sessions at many gyms in Northamptonshire.
- **Carers Choir and Ukulele Groups** – Meet every week on Monday morning in Wellingborough. (Term Time Only)
- **Carers Café Drop In Sessions** – Take place in Northampton, Kettering, Wellingborough, Corby, Oundle and Daventry once a month. Carers can bring the person cared for to meet others, ask questions and relax supported by the group leader. Tea, coffee and cakes are provided.
- **Carers Support Groups** – Held in Denton, Kettering, Northampton, Rushden and Towcester. Parent Carer groups are also available in Northampton and Kettering. There is a Male Carer group in Northampton and a Ladies Carer Group at Prevasi Mandal in Northampton.
- **Lunch Clubs** – Informal lunch once a month in Northampton and Greens Norton (near Towcester) Cared for are also welcome, booking required, charge applicable.
- **Trips Out and Activities** – Advertised in Monthly Bulletin or at the groups.
- **Support for Working Carers** – Building links with local employers to improve support.
- **Monthly News Bulletin** – Sent by email to Carers and other organisations, also available at Carers Cafés, Support Groups and other events.
- **Raising Carer Awareness of their rights** - Contact carers support line 01933 677907

## Other Essential Services

- **Needs and Aspirations** – Free courses and activities for Carers across the country. Provides social opportunity and regular respite for Carers which is funded by the County Council and administered by Nene Valley Community Action. Tel: 01933 313526
- **Planned Events and Emergency Care Service** – FREE care by care workers for up to 72 hours, 3 x per year maximum. Hours can be spread over longer periods if 24 hour care is not required. This service is provided by Carers Trust East Midlands, a non-profit care agency Tel: 01455 560046 or urgent referral line 07789 111318 (M-F 9am to 5pm).

## For more information

**Support Line:** 01933 677907 (Monday – Friday, 9.00am – 4.00pm). **General Enquiries:** 01933 677837 – a confidential service to support the needs of Adult and Young Carers, including Parent Carers. Can be accessed by Carers, professionals or anyone with a Carer related enquiry or issue.

**Email:** [carers@northamptonshire-carers.org](mailto:carers@northamptonshire-carers.org)

**Web:** [www.northamptonshire-carers.org](http://www.northamptonshire-carers.org)

Our carers leads at Danes Camp Medical Centre are:-

Hannah Lindop: Champion: Linsey Decaro Care Coordinator: Rachel Cave: Social Prescriber

Tel:- 01604 876314

Please contact your Carers Lead Hannah if you have any queries about our support for carers.

