

# **DO YOU LOOK AFTER SOMEONE?**

**Getting help and connected as a  
Carer in South Gloucestershire**

**Green Valleys Health**

**(Leap Valley Surgery, Emersons  
Green Medical Centre, and  
Abbotswood Surgery)**

## **You may be a carer ....**

...if you provide help and support to a partner, relative, child, friend or neighbour who could not manage without your help due to physical or mental illness, disability, frailty or addiction. There are thousands of unpaid carers in Bristol.

Anyone can become a carer — children, parents, daughters, sons, spouses, partners and friends. Many people don't think of themselves as carers; they just look after someone close to them. Caring often just happens to you, as you find that someone close to you gradually needs more help.

Many people juggle work and caring; some don't live with the person they are caring for.

## **Support for you**

Becoming a carer can feel isolating and it's often a struggle to get the information you need.

When you are looking after someone, it's important to have some help and support for yourself, such as a break from caring.

Carers Support Centre, is a local organisation that can provide you with information and advice on any aspect of caring and services that might be useful, such as the Carers Emergency Card. They can also help with a Carers Assessment.

They can put you in touch with other organisations that offer specialist support, for example about dementia, mental health problems or recovering from a stroke.

Carers Support Centre can also advise on any financial help you or the person you look after may be entitled to. There are also carer's groups that meet regularly to share practical ideas and friendship.

Call Carers Support Centre confidentially:  
**CarersLine 0117 9652200.**

## **Your Own Health**

As a carer, it is important that you look after your own health; it is easy not to look after yourself when you are looking after someone else.

Here at Green Valleys Health we want to be able to do all we can to try to help you to stay as fit and healthy as possible.

We will do our best to help you look after yourself as well as the person you care for. For example we are keen to offer flu vaccinations to carers each Autumn.

We keep a register of carers who are our patients so that we can let you know about any new services or support that becomes available. **Please register yourself as a carer at reception by asking for a carer form.**

## **Getting Help and Connected**

Getting help and connected is the first step to information and support that will help you in your role. This questionnaire and action plan for all carers helps you to look at your needs, how caring affects you and provides information on support available to carers. Please contact Carers Support Centre to request a carers assessment questionnaire and help getting connected.

**Call 0117 965 2200 for more details**

Who can get carers simple assessments?

## **Useful Contacts:**

### **Carers Support Centre**

provides information advice and services focussed on supporting carers.

Carers Line 0117 965 2200, open 10am – 1.00pm and 2pm-4pm (Monday-Thursday) 10am-1pm (Friday)

[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)

### **South Gloucestershire Council**

provides information, advice and may deliver care and support services.

01454 868007

[Www.southglos.gov.uk](http://Www.southglos.gov.uk)

### **Well Aware**

provides information on health, wellbeing and community resources.

0808 808 5252

[www.wellaware.org.uk](http://www.wellaware.org.uk)