

**Useful telephone numbers & websites  
if you are caring for someone**

<b>Organisation</b>	<b>Contact Number</b>
N Compass Carers Service (Wyre Residents)	03456887113
Carers Centre (Blackpool Residents)	01253 393748
Age UK Blackpool	01253 622812
Age UK Lancashire	0300 303 1234
Care & Repair (Blackpool)	01253 476659
Care & Repair (Wyre)	01253 887569
Carers Talk & Helpline	0333 103 9747
NCompass advocacy Service	0345013 8208
Self Harm Service	0800 988 8376
Blackpool Social Services	01253 477666
Lancashire Council Social Services	0300 123 6720
Emergency Duty Team	0845 602 1043
Alzheimers Society	0300 333 0804
Attendance Allowance Helpline	0345 605 6055
Blue Badge Applications	Blackpool 01253 477666 Wyre 0300 123 6736
Carers Allowance Advice line	0808 808 7777
Citizens Advice Bureau	0344 245 1294
Lancashire Wellbeing and Mental Health	0300 222 5931
PALS (Patient and Advice Liaison Service)	01253 655589
Silverline (Advice and support for older people)	0800 4708090
Welfare Rights	0300 123 6739
Carers UK <a href="http://www.carersuk.org">www.carersuk.org</a>	
N-Compass <a href="http://www.ncompassnorthwest.co.uk">www.ncompassnorthwest.co.uk</a>	

**DO YOU LOOK AFTER SOMEONE WHO COULD  
NOT  
MANAGE WITHOUT YOUR HELP?**

**THEN YOU MAYBE A CARER**



A carer is someone who provides or intends to provide a substantial and regular amount of care for their husband, wife or partner, a parent or a child, a relative, friend or neighbour and does not provide that care through paid employment.

**ARE YOU LOOKING AFTER YOUR OWN HEALTH?**

*The Crescent Surgery*  
NHS Beacon in Primary Care

This leaflet has been produced in partnership with  
The Crescent Surgery and Carers Point!

Dear Carer

This practice is a “Carer Friendly Practice”. That means that we are committed to identifying and supporting carers. Our practice believes that no carer should be left isolated and without support as they help to care for someone else.

- ◆ Do you get enough sleep?
- ◆ Is your health affected in other ways?
- ◆ Are you able to get out and about?
- ◆ Do you have any time for yourself?
- ◆ Are your other relationships affected?
- ◆ Do you want information about benefits and services?

“We need to care about the carers”

By registering with us as a carer it can help you access other information that can help you in your role. We will be more aware of your needs and will be able to recognise times when more help is needed.

We are working in partnership with Carers Point! to offer support to patients who have caring responsibilities for someone who is ill, disabled or elderly. We appreciate the pressures carers are under and would encourage you to allow us to pass your details to the Carers Point! project.

Services that Carers Point! offer to carers in the Wyre and Fylde area are highlighted in this leaflet

**Newsletter** – provides information and updates on local carers groups, forthcoming events, carers stories, benefit news and more.

**Carers Information Line** - provides a direct line of contact to



someone that can support you in finding out information, signposting to relevant agencies such as adult & children’s social care, benefits, support groups and much more. Additional to this we provide a listening ear. The telephone is manned Monday to Friday 9.00am and 5.00pm.

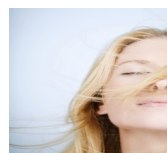
**Re-Connect** - A volunteer befriender will provide support as you explore & access services & opportunities related to you. Together with your befriender you discuss and plan what you would like them to support you on during your six planned sessions together this can range from accessing social activities, educational courses to returning to work.



**Carers Unite** - supports carers through the provision of social activities. Monthly activities include going out for meals, visiting places of interest, going on walks and much more, friendly and fun group that welcome new members.

**Time for Me Fund** - is set up to assist carers to have a break.

Carers can apply for up to £350.00 per year to help cover the cost of an activity. This can range from a short holiday to buying a washing machine to a course of driving lessons.



**Peace of Mind 4 Carers** - This service gives adult, parent & young carers and the people they care for PEACE OF MIND knowing that together they have completed a contingency plan that covers all aspects of the needs of the cared for person and the care and support that the carer provides should an emergency arise for the carer.



**Carers Forums** are for consultation between carers and professionals. Carers have the opportunity to gather information and voice their opinions at these forums on the future development of health, social care and other related services.

Carers Point! is a project funded by Lancashire County Council  
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**Please complete the centre pages of  
this information leaflet, detach  
centre pages and hand to the  
receptionist so that we know that  
you are a carer**



**Details of the carer** Application Form (please detach)

Mr/Mrs/Ms etc .....

First Name .....

Surname .....

Date of Birth .....

Address.....

.....

.....

Postcode .....

Tel No .....

Mobile .....

E mail (if available) .....

I care for (spouse/partner/child/friend/relative/neighbour)

.....

I understand that my details will be stored on the GP Practice Carers Register and shared with my local Carers Centre

To comply with the Data Protection Act 1998 we need to ask you to sign this form before handing it into reception.

Carer's Signature:	Date:
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Are you (the carer) supported by Adult & Community Services Directorate

Yes

No

The reason I provide care (please tick relevant boxes)

Alzheimer's/Dementia

Parkinson's

Older person

Mental Health

Learning Disability

Child/young person  
(under 18 years old)

Other (please state) .....

Their name .....  
(If registered with the practice)

Do they live with you? Yes

No

Are they registered at this practice? Yes

No

If there are others that you care for please list them below:

.....  
.....  
.....  
.....  
.....  
.....

Is there anyone under 18 years of age that supports you to provide a caring role ?

Yes

No

Ethnic record keeping and monitoring makes it possible to demonstrate that commitment to deliver services in a fair and non-discriminatory way is being achieved. To help us do this, please indicate your ethnic origin in the appropriate box below.

White

Black – Caribbean

Black – African

Black – Other

Indian

Chinese

Any other cultural and ethnic origin

Prefer not to state

A brief description of the information below is included in this leaflet.

**I would like more information on:-**

Re-Connect

Carers Activities

Parent Information Network

Lancashire Carers Forum

Peace of Mind 4 Carers