



Carers information

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

Anyone can become a carer; carers come from all walks of life, all cultures and can be of any age. Many carers do not consider themselves to be a carer; they are just looking after their mother, son, or best friend, just getting on with it and doing what anyone else would in the same situation.

Being a carer can be hard work, but you need to look after yourself too. Health checks are offered to carers in the hope that issues can be identified before they get out of hand. Easing the stress you may find yourself under and helping you become better equipped for your role.

At our practice we offer out NHS health checks for our patients carers, this includes getting your height and weight, BMI, blood pressure, cholesterol check, urine, lifestyle advice and additional carers support.

There are also services outside of our practice that offer help.

► **GADDUM - Salford Carer Services**

This is a service supports carers through one-to-one and group support sessions, practical resources and knowledge sharing sessions.

Helping you be seen and heard when it really matters is important.

Contact us at salford.carers@gaddum.org.uk or call 0161 834 6069.

► **Carers UK - help and advice for carers, Call 0800 808 7777**

Helpline open: Monday to Friday, 9am to 6pm