

### **The Carers' Support Centre**

The Carers Support Centre provides a range of services including a confidential telephone support line, a team of carer support officers and a variety of workshops, training and events.

**Contact CarersLine on 0117 965 2200.**

### **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)

#### ***Bristol City Council Health and Social Care***

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

Care Direct 0117 922 2700

[www.bristol.gov.uk](http://www.bristol.gov.uk)

#### ***Well Aware***

provides information on health, wellbeing and community resources.

0808 808 5252

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

## **DO YOU LOOK AFTER SOMEONE?**



**Do you look after someone who could not manage without you?**

### **Bedminster Family Practice**

**Regent Road**

**Bristol**

**BS3 4AT**

**Tel: 0117 966 3149**

**Surgery Times:** Mon—Fri 8.30am—6.30pm

**Out of Hours:** In an Emergency phone 999

**NHS 111:**

You should use the NHS 111 Service if you urgently need medical help or advice which cannot wait until the surgery re-opens

## **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.

## **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 the **Bedminster Family Practice** 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 or discuss it with your Doctor.**