

Useful Contacts

Bristol City Council Health and Social Care: Care Direct Team – provides information, advice assessment and commissions and arranges care and support services.

Telephone: 0117 922 2700

Email: adult.care@bristol.gov.uk

website: www.bristol.gov.uk/carers For emergencies outside office hours telephone 01454 615 165 Apply for benefits: www.gov.uk/carers

Carers UK: Practical support, help and advice for carers. Information and advice on benefits, assessments, getting help, health, work and technology.

Telephone: 0808 808 7777

Email: info@carersuk.org

Website: www.carersuk.org

NHS choices: Care and support – a guide for people who have care and support needs, their carers and people who are planning for their future care needs.

Telephone: Carers Direct 0300 123 1053

website: www.nhs.uk/carersdirect

We advertise upcoming events and support groups on our Facebook and Instagram Pages.

Find us at:

Facebook— The Lennard Surgery

Instagram— [the_lennard_surgery](https://www.instagram.com/the_lennard_surgery)

The Lennard Surgery

Carer's Information



What is a Carer?

Carers have pivotal roles in supporting their families and loved ones to remain independent and well. As well as providing care, unpaid carers navigate systems and coordinate care and support around the person they care for.

Many carers may not identify themselves as a Carer. Instead, they see themselves as someone's partner, relative or friend who is simply 'doing their best' to help someone they care about. For this reason, asking 'do I look after someone?' can be a more effective question to ask ourselves than 'am I a carer?'

Who is a Carer?

A Carer is a person of any age (including children) who provides unpaid support to a partner, relative, friend or neighbour who could not cope without their help. This could be due to old age, frailty, disability, a serious health condition, mental ill health or substance misuse. Parents of children who are disabled or who have a serious health condition are also considered to be Carers.

Are all Carers Paid?

There is a difference between a Carer and Care Professionals who are paid to provide care. Some Carers receive statutory payments (such as Carers allowance) or a direct payment for their caring role. Even when Carers do not receive such payments, they are still considered to be Carers.

What difficulties might a Carer face?

Carers can face many challenges in their caring role. For example, Carers can feel unsupported if they are unclear about where to go for information to support them.

Young Carers may experience educational difficulties. This includes absence and lateness, poor concentration, and low attainment. Carers aged 16 and 17 are less likely to be in education, training or employment.

Some adult carers give up paid employment to provide care. They may have to borrow money or use savings to cover the costs of caring.

Support for YOU

Being someone's Carer can feel isolating and overwhelming. When you look after someone, it is important to have some help and support for yourself, such as a break from caring. Your local Carers Support Centre will be able to tell you how they can also help and explain about Carer's assessments.

The 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.

Carers support: 0117 965 2200

Please register yourself as a Carer at Reception by asking for a Carer's Pack. This can also be found via our website.

You can also talk to any member of Staff, for more information.

Useful Links

[Www.carersuk.org](http://www.carersuk.org)

[Www.nhs.co.uk/conditions/social-care-and-support-guide/](http://www.nhs.co.uk/conditions/social-care-and-support-guide/)