

Notes:-



Pleasley Surgery Carers Leaflet



Chesterfield Road

Pleasley

Mansfield

NG19 7PE

Telephone: 01623 810249

Web site: www.pleasleysurgery.com

Hello and welcome to Pleasley Surgery,

My name is Gail, my role is as a receptionist at the surgery and I am also the Carers Champion.

We want to ensure **YOU** get all the support **YOU** need.



A carer is a person of any age, adult or child who provides unpaid support to a partner, child, relative or friend, who couldn't manage to live independently or whose health or wellbeing would deteriorate without this help. This could be due to frailty, disability or serious health condition, mental ill health or substance misuse.

Carers can be identified as:-

Sibling, spouse, friend, child, care worker, parent or neighbour

Young Carers:-

A young carer is someone under 18 who helps to look after someone in their family or a friend who is ill, disabled or misuses drugs or alcohol

Young Adult Carers:-

Young adult carers, are young people aged 14-25 who care unpaid for a family member or friend with an illness, disability, mental health condition or an addiction
Please let our reception team know if you look after someone, or if someone looks after you to ensure that you receive the care you deserve.

As a Carer you are entitled to a yearly Carers Health Check at the surgery, should you wish to have one.

Please find enclosed information which we hope you will find useful. Should you require any further help or assistance please contact me.

Thank you

Gail

Useful contacts:-

NHS Choices

www.nhs.uk/conditions/social-care-and-support-guide/

Carers Direct:-

0808 802 0202

Red Cross

www.redcross.org.uk/get-help/get-support-at-home

Nottinghamshire Carers Hub:-

011 5 8248824

www.carerstrustem.org/hub

Age UK:-

0115 8440011 or 0800 6781174

Carers Trust Home Care:-

0115 9628920

Personal Independent Payments:-

0345 8503322

Young Carers:-

0300 5008080

Young Carers Groups and Activities:-

0115 8248824

Insight:

0300 5555582