

### **Carers Simple Assessments**

NHS Bristol and Bristol City Council have come together to improve support for carers. Carers simple assessments are available to carers with a Bristol GP, who are finding caring is affecting their health and wellbeing but are not currently in receipt of social care services. Assessments can connect carers to the support they need and result in a one-off payment to help them take a break from caring.

**Call 0117 965 2200 for more details**

### **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)

#### ***South Gloucestershire Council***

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

01454 868 007  
[www.southglos.gov.uk](http://www.southglos.gov.uk)

## **LOOKING AFTER SOMEONE**



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

## **St George Health Centre**

St George Health Centre, Bellevue Road  
St George, Bristol BS5 7PH  
Telephone: 0117 961 2161 Fax: 0117 961 8761  
<http://stgeorgehealthcentre.nhs.uk>

### **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. Your local Council (social services) will be able to tell you how they can help and explain about Carers Assessments.

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 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 the Carers Support Centre confidentially:  
**CarersLine: 0117 965 2200**

### **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 **St George Health Centre** 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.**