**Bridges Medical Practice**

**Trinity Square Health Centre**

**24 West Street**

**Gateshead, NE8 1AD**

**☎ 0191 300 9889**

**NGCCG.BridgesMedicalPractice@nhs.net**

**CARERS LETTER**

 **Making life better for Carers**

**Support for you.**

As a carer it is important that you look after your own health too. We will do our best to help you look after yourself. We keep a register of Carers who are our patients so that we can let you know about support.

**How can the Practice Support you.**

* • We will offer you a free flu vaccination
* • We will offer you a “Carers Health Check”, the Care Navigator will check your blood pressure, take routine blood tests (if necessary), discuss any lifestyle factors with you and can provide advice and suggest support if required
* • We can inform you of local events or information specifically for Carers.
* • We will offer support at any time that you need it.

**Financial support for carers and those you carer for**

If you care for someone, there is a range of financial benefits available to you and also to the person you care for. Do not be afraid to ask for help and claim what you are entitled to.

If you provide care for someone aged 18 or over, your local social services should carry out an assessment to see if you are entitled to any services that could make caring easier for you. A carer's assessment is about your needs as a carer.

Example of help available

1. Help with household tasks 2. Help with caring tasks during the day and night 3. Respite care 4. Activities for the ‘cared-for’ person 5. Benefits advice

For more information contact:

**Gateshead Carers**

Website: [https://www.gatesheadcarers.com/](%22)

Tel: 0191 4900121

Email: enquiries@gatesheadcarers.com

**Gateshead Council**

Website: https://www.gateshead.gov.uk/article/3637/Carers

Tel: 0191 433 3000

**Carers** **Trust**

Carers Trust are a local charity working to improve the lives of carers, enabling them to have a life of their own and sustain their own wellbeing. We provide support, including short breaks, for both adults and children.

Website: https://www.carerstrusttw.org.uk/

Tel: 01207 549 780

Email: info@carerstrusttw.org.uk

**Carers UK**

Caring will affect us all at some point in our lives. We'll be here for you when that happens. With your help, we can be there for the 6,000 people who start looking after someone each day. Caring can be extremely complicated. The maze of rights and entitlements can be complicated. Filling in paperwork can be complicated. Getting a break can be complicated. Our feelings about caring can certainly be complicated. We're here to make sure that no matter how complicated your query or your experience, you don't have to care alone. Our expert telephone advice and support service is here if you want to talk about caring. If you're looking for answers, our online information and support is the best place to start.

Website: [https://www.carersuk.org/](%22)

Tel: 020 7378 4999