

# BINSCOMBE MEDICAL CENTRE

## *“Do you look after someone?”*

Carers UK estimate that there are around 6.5 million carers in the UK, meaning carers represent 10% of the UK population. This includes around 700,000 young carers (aged 17 or below).

### ***Did you know?***

That 1.2 million carers spend over 50 hours caring for others, this equates to a full time workforce larger than the entire NHS. Carers are estimated to save the UK economy £119 billion a year in care costs, more than the entire NHS budget and equivalent to £18,473 per year for every carer in the UK.

### ***What is a carer?***

A carer is a person of any age (including children) who provides unpaid support to a partner, relative, friend or neighbor who couldn't 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.

### ***We want to ensure:***

- We recognise you as a carer
- We share information with you and other professionals with your consent
- We signpost information for you and help link professionals together
- We support that care is flexible and available when it suits you and the person for whom you care
- We recognise that you may need help both your caring role and in maintaining your own health and well-being
- We respect and involve and treat you as expert in care
- We want to treat you with dignity and compassion



# CARERS INFORMATION PACK

## *Local and National Help*

### **Local help**

**Action for carers** is Guildford based and they have resources and links to support you. Offering free independent advice and support for all age carers from 5 yrs and upwards. For advice and support for adult carers please telephone **0303 040 1234** or email: [CarerSupport@actionforcarers.org.uk](mailto:CarerSupport@actionforcarers.org.uk)

They will send out a comprehensive carers pack upon registration which offers many free services including:

- Carers emergency card
- Moving and handling solutions
- Support groups, face to face or via telephone
- Advocacy and information on your rights
- Training events
- Guide to carers support in whole of Surrey
- Benefits advice

**Crossroads Care Surrey** is a flexible care relief service for carers looking after relatives or friends . Please telephone **01372 869970** or visit the website: [www.crossroadcaresurrey.org.uk](http://www.crossroadcaresurrey.org.uk)

Care needs assessment direct from the council please telephone **0300 200 1005** or visit the website: [www.surrycc.gov.uk/adultsocialcare](http://www.surrycc.gov.uk/adultsocialcare). Additional Local organisations can be found by visiting the website: [www.surreyinformationpoint](http://www.surreyinformationpoint)

### **National Help**

<https://www.carersuk.org/about-us>

<https://carers.org/>

[0117 965 2200](tel:01179652200)

