



Shipston Medical Centre

Support for Carers

Are you a Carer?

A carer is someone of any age who, unpaid, looks after a family member, partner or friend who, because of illness, frailty, disability or mental health, cannot cope without their support.

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, as a Carer

Being 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. We also recommend you register with Warwickshire's 'Caring Together' service.



Your Own Health and Well-being

As a carer, it is important that you look after your own health as it can be easy to put yourself second. We want to be able to try and help you stay as fit and healthy as possible. 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. It also helps us be aware that we may need to try and offer more flexibility of appointment times for you. It is important for us to know that you are a carer, so please inform us by completing our online form or ask reception for a copy to complete.

Carers' Champions

We now have dedicated Carers' Champions who are the main point of contact for you should you have any queries or questions related to caring. The Carers' Champions will review each carer's needs on a regular basis and be able to help with information and support.

For further information: Please contact Hayley Dudley or Katie Grantham on 01608 661845

Practice Team

As well as the Carers' Champions, the practice has a number of other specialist team members who can help support you in your caring role – please speak to one of our Carers' Champions for further information.

Information and Resources

You will find an updated notice board in the Medical Centre, with lots of information about different support and services. Feel free to drop in at any time and help yourself to information that is relevant to your needs.

There is also information available from the following websites:

- Caring Together and the services they offer:
<https://www.caringtogetherwarwickshire.org.uk/>
Telephone: 0800 197 5544
- Carers4Carers <https://www.Carers4Carersonthefosse.org.uk/>
Telephone: 07947 893 504
- Carers' UK Looking After Someone leaflet 23/24 pdf link
<https://www.Carersuk.org/media/qq2d2meq/cuk-looking-after-someone-2023-24-england-web.pdf>
Telephone: 020 7378 4999
- Warwickshire County Council - Social Services
<https://www.Warwickshire.gov.uk/carers>