**Carer Leaflet**

**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 Southend-on-Sea.

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 First, is a local organisation that can provide you with information and advice on any aspect of caring and services that might be useful.

They can offer you help with what to do when the person is discharged from hospital, health and wellbeing sessions for yourself, and a range of other support you may need. Carers First can also advise on any financial help you or the person you look after may be entitled to. There are also events and groups that meet regularly to share practical ideas and friendship.

Carers First can be contacted on 0300 303 1555 or online at [www.carersfirst.org.uk](http://www.carersfirst.org.uk)

**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 Queensway Surgery, 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 at your next medical appointment.

**Carers Assessments**

Southend-on-Sea City Council can carry out Social Care Assessments for patients who are carers. Carer’s assessments are available to carers, 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 assess if there is any support they can provide.

You either call for help on 01702 215008 or request an assessment online at [www.southend.gov.uk/get-help-money-legal-matters/request-social-care-assessment/1](http://www.southend.gov.uk/get-help-money-legal-matters/request-social-care-assessment/1)

**Useful Contacts**

***Carers First***

0300 303 1555

[www.carersfirst.org.uk](http://www.carersfirst.org.uk)

***Southend-on-sea Social Care***

01702 215008

[www.southend.gov.uk/get-help-money-legal-matters/request-social-care-assessment/1](http://www.southend.gov.uk/get-help-money-legal-matters/request-social-care-assessment/1)

***Southend Carers***

01702 3939333

www.southendcarers.co.uk

***Livewell Southend***

www.livewellsouthend.com