

A Carer is anyone who gives unpaid care. This includes children and adults who look after a family member, partner, friend or neighbour who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support.

If this is you and you *are happy for us to enter this information on your medical record, please fill out the form below and return it to the surgery. This way we can contact you with relevant information such as when you can have your free influenza vaccinations*

YOUR NAME \_\_\_\_\_

POSTCODE \_\_\_\_\_

DOB \_\_\_\_\_

**WHO DO YOU CARE FOR?**

THEIR NAME \_\_\_\_\_

WHAT RELATIONSHIP ARE THEY TO YOU?

\_\_\_\_\_

Are they a patient at The Brimington Surgery?  
**YES / NO**

**If yes:**

THEIR NAME \_\_\_\_\_

POSTCODE \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

When we refer to Carers in this document, this is inclusive of both Adult and Young Carers.

*Many Carers don't see themselves as Carers and it takes them an average of two years to acknowledge their role as a Carer.*

It can be difficult for Carers to see their caring role as separate from the relationship they have with the person for whom they care, whether that relationship is as a parent, child, sibling, partner, or a friend.

It's likely that every one of us will have caring responsibilities at some time in our lives with the challenges faced by Carers taking many forms.

Many juggle their caring responsibilities with full or part time work, study and other family commitments.

*Some, in particular younger Carers, don't tell relatives, friends, teachers or health care professionals about their responsibilities in fear of separation, guilt, pride or other reasons.*

This means that the roles and responsibilities that Carers provide vary widely. They can range from help with everyday tasks such as getting out of bed and personal care such as bathing, to emotional support such as helping someone cope with the symptoms of a mental illness.

**BRIMINGTON SURGERY  
CARERS PLEDGE:**

We will maintain a Carers Register

We will ensure there is accessible information available.

We will invite all patients who have informed us they are a Carer for an annual flu vaccination.

We designate a Carers Champion within surgery to be a contact point for queries.

Our Carers Champion will improve the way that Carers are identified, supported and signposted.

**Carers of Patients at  
Chesterfield Royal Hospital**

If you need support or information regarding your caring role, you can access the hospital's Carer Liaison Worker who can provide information and advice about your caring role:

- Benefits advice
- Help you communicate with staff
- Attend discharge meetings with you
- Refer on for Carer support in the community

For support, more information or an informal chat about what support is available:

Call or text: 07825532952

### ***Derbyshire Young Carers Support Service***

supports Young Carers and Young Adult Carers (under 25) who live in Derbyshire.

If you're a Young Carer (or know someone who is) the service may be able to offer:

- someone Young Carers can talk to in confidence
- activities and social groups
- support groups where Young Carers can meet others in a similar situation
- help with getting a break from caring
- support to talk to professionals who are working with the Young Carer and their family, including school, health staff and social workers
- information and advice
- help with managing school, college, going to university or getting a job/careers advice
- support for the Young Carer's whole family and any brothers and sisters.

#### **USEFUL INFORMATION**

**Carers in Derbyshire**

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

**The NHS**

[www.nhs.uk/conditions/social-care-and-support-guide](http://www.nhs.uk/conditions/social-care-and-support-guide)

**The Government**

[www.gov.uk/browse/disabilities/carers](http://www.gov.uk/browse/disabilities/carers)

### ***Derbyshire Carers Support Service***

supports Adult Carers who care for another adult offer services including:

- Information, advice and guidance
- Individual support
- Carers assessments and administrating Carer personal budgets
- Support groups
- Training opportunities, such as First Aid and moving and handling
- Events and activities for Carers
- Free legal advice clinics for Carers
- Support with emergency planning and help with Carer Emergency Card applications
- Working with local employers to support Carers
- A regular newsletter and social media groups

#### **CONTACT THE DERBYSHIRE CARERS ASSOCIATION:**

**Tel:** 01773 833833

**Email:** [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)

**Website:** [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)

**Young Carers:**

[www.derbyshirecarers.co.uk/young-carers](http://www.derbyshirecarers.co.uk/young-carers)

You can register as a Carer with DCA to be kept up-to-date with news, legislation changes and relevant events via the online form of contacting them as above

***Our Carers Champion is Kim one  
of our Reception Team Leaders.***

## **The Brimington Surgery Church Street Brimington Chesterfield S43 1JG**



## **UNPAID CARERS INFORMATION LEAFLET**

**Do you care for and support  
anyone due to a  
physical/learning  
disability or illness?**

**This leaflet may help you.**