**CARERS**

Carers provide unpaid care by looking after an ill, frail or disabled family member or partner (Carers UK 2010)

The Health Centre has a dedicated member of staff called a Carer’s Champion if you require any help or advice.

Up-to-date information is available in a Carers’ Folder kept in the Health Centre’s waiting room so please feel free to come into the surgery to take a look.

If you are registered as a carer at the Health entre you are entitle to a free flu vaccination. Please ring the Health Centre in September to book an appointment.

A carer can have proxy online access to order repeat prescriptions online for the person they are for. (please enquiry at reception to register for this)

Somerset Carers Service

Free advice and support for carers across Somerset

[www.somersetcarers.org](http://www.somersetcarers.org)

Tel: 0800 3168 600 Mon-Thurs 9am – 5pm

 Friday 9am – 4 pm

* Team of Carer Agents
* Offer Talk and Support Telephone Service/Live chat over website to an agent
* Advice and fact sheets
* Offer Training
* Find Home Help
* Signposting to Support Groups and Events
* Carers Forum
* Carers Newsletter

Somerset.gov.uk – carers in Somerset

* Support available for carers
* Help for carers in an emergency
* Short break for carers
* Help and support for young carers
* Financial information, support and benefits
* Home Library Service

Carers Assessment – an assessment of your needs as a carer, not your ability to care. It is an opportunity to talk about your needs and needs to make caring easier, even if the person you care for refuses help. You can ask for a Carers Assessment by phoning Adult Social Care (ASC) on 0300 123 2224/01275 884 022.

Somerset Village and Community Agents

[www.somersetagents.org/agent-call-back](http://www.somersetagents.org/agent-call-back)

Tel: 01823 331 222

* General help and support for carers
* Local Groups and Talking Cafes

Somersetcommunityconnect.org.uk

* Carers Information and advice
* Local Support Groups and Talking Cafes
* Managing at home, help at home with equipment and technology
* Transport
* Home Library Service

Carers UK

They’re here to make sure that no matter how complicated your query or your experience, you don’t have to care alone.

Telephone: 020 7378 4999

Website: [www.carersuk.org](http://www.carersuk.org)

NHS.uk - Care and Support

* Benefits for carers
* Practical tips if you care for someone
* Carers’ breaks and respite care
* Help for young carers

Somerset Parent Forum

Website: www.somersetparentcarerforum.org.uk

Telephone: 01458 259384

Redcross.org.uk

Short term loan of equipment – wheelchairs, commodes, toilet frames. They also sell equipment.

Tel: 01823 273746 Monday – Friday 10 am – 2 pm

IT Help at Home

Provides free IT training for carers, elderly housebound people in Somerset within their own home.

Email: info@ithelpathome.org

Telephone: 07746 307 972

Dementia Support

Alzheimer’s Society

Website: alzheimers.org.uk

Telephone: 033 150 3456