

If you want your GP Practice to know that you are a carer please complete this form and return it to the reception or the person you received it from.

Full Name .....

Address .....

..... Postcode .....

Who are you looking after? .....

Do they live with you?      Yes       No

Are they registered at this practice?      Yes       No

Is there anything you need specific help with at the moment?  
.....

This GP Practice can refer you directly to Carers Point! for support and information.

If you DO NOT want this to happen please tick the box

Carers Point! will send you a database application form for you to register with them so that you can receive up to date information about carers services and groups.

Carers Point! is a confidential service for carers. They will store information on their database that will not be shared with anyone else without your permission. You can ask for your details to be removed at any time.

Carers Point! is a project funded by Lancashire County Council  
and managed by N-Compass  
Registered charity no. 1078560



**n-compass**  
Present in the right direction

**Do you look after someone who could not manage without your help?**

**Then you are a Carer**



A carer is someone who provides or intends to provide a substantial and regular amount of care for their husband, wife or partner, a parent or a child, a relative, friend or neighbour and does not provide that care through paid employment.

**ARE YOU LOOKING AFTER YOUR OWN HEALTH?**

**Great Ecclestone Health Centre**

This leaflet has been produced in partnership with Great Ecclestone Health Centre and Carers Point!

Dear Carer

This practice is a "Carer Friendly Practice". That means that we are committed to identifying and supporting carers. Our practice believes that no carer should be left isolated and without support as they help to care for someone else.

- Do you get enough sleep?
- Is your health affected in other ways?
- Are you able to get out and about?
- Do you have any time for yourself?
- Are your other relationships affected?
- Do you want information about benefits and services?

**"We need to care about the carers"**

By registering with us as a carer it can help you access other information that can help you in your role. We will be more aware of your needs and will be able to recognise times when more help is needed.

We are working in partnership with Carers Point! to offer support to patients who have caring responsibilities for someone who is ill, disabled or elderly. We appreciate the pressures carers are under and would encourage you to allow us to pass your details to the Carers Point! project.

Opposite are some services that Carers Point! offer to carers in the Wyre and Fylde area

### Information

**Quarterly Newsletter** provides information and updates on local carers groups, forthcoming events, carers stories, benefit news and more.



**Carers Information Line** the telephone is manned between 10.00am and 3.00pm Monday to Friday.

**Carers A-Z Guide** provides information about services across Blackpool, Fylde and Wyre.



### Support



**Carers Befriending Scheme** is a volunteer based project offering a listening ear and practical support to carers.



**Carers Support Groups** is a place for carers to meet on a monthly basis to have a coffee and a chat, exchange information, take part in activities and listen to speakers.



**Time for Me Fund** is set up to assist carers to have a break. Carers can apply for up to £350.00 per year to help cover the cost of an activity. This can range from a short holiday to buying a washing machine to a course of driving lessons.

### Influence

**Carers Forums** are for consultation between carers and professionals. Carers have the opportunity to gather information and voice their opinions at these forums on the future development of Lancashire's health, social care and other related services.

