

Carers' Support (Bexley)

is a local charity which helps Carers. They can help you with benefits and financial advice, give you support in gaining access to services and can link you to information, breaks, training, counselling and emotional support.

If you live in the London Borough of Bexley, or care for someone who lives in the London Borough of Bexley, ask your doctor/surgery to refer you to Carers' Support (Bexley) or call us direct on: 0208 302 8011

www.carerssupport.org

Register as a Carer with your GP surgery by completing the form at the bottom of the page overleaf.

Are you a carer?

A Carer is someone who provides support to someone who could not manage without this help. This could be caring for a relative, partner, friend or neighbour who is frail, disabled or has mental health or substance misuse problems. All the care they give is unpaid.

Carers often suffer poor health as a result of their caring role. For example they may suffer from back ache, stress or depression. Some Carers do not visit their GPs due to the pressures of caring.

Your GP Practice wants to know if you are a Carer

Not everyone will have noticeable health problems but it is important to ensure Carers look after themselves. Please complete the form below and hand to reception so you can be added to their Carers Register.

They should then be able to offer you a free flu jab and may help with flexible GP appointments. They will also be able to share information about the person you care for (with his/her consent) and let you know about other organisations that can help.

Please complete and hand into reception

I am a Carer. Please add me to your Carers Register.

Name:

Address:

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Date of birth:

Signature: