**Help with Money and Work**

Financial support and advice can be obtained by logging on the website below

[*https://www.moneyadviceservice.org.uk/en/articles/benefits-and-tax-credits-you-can-claim-as-a-carer*](https://www.moneyadviceservice.org.uk/en/articles/benefits-and-tax-credits-you-can-claim-as-a-carer)

**CONTACT INFORMATION**

|  |  |
| --- | --- |
| *Alzehimers Support*  **TEL:** [**0300 222 11 22**](tel:0300%20222%2011%2022) **0300 222 11 22**[**0300 222 11 22**](tel:0300%20222%2011%2022) | *Carers UK*  ***0207 3784999*** |
| **Cancer - MacMillan**  0808 808 0000  **Cancer - Marie curie**  *0800 090 2309* | **Havering Carers Hub**  01708 961111  Community Reach House, 32-34 The High Street, Romford, Essex, RM1 1HR |
| IMAGO - Child & Young People Support AGE 5-17  0300 111 1110 | Childline  0800 1111 |
| Alzehimers Support | 0300 222 11 22 |
| Carers UK | 0207 378 4999 |
| Age UK | 0800 0556112 |
| MacMillan | 080 808 0000 |
| Marie Curie | 0800 090 2309 |
| Havering Carers Hub | 01708 961111 |
| Cancer Support UK | 020 7470 8755 |
| IMAGP – Child and Young People Support Age 5-17 | 0300 111 1110 |
| Childline | 08000 111 |
| Carers Trust | 0300 772 9600 |

**SPRING FARM SURGERY**

**CARERS INFORMATION LEAFLET**

**FOR FURTHER SUPPORT PLEASE ASK TO SPEAK TO OUR CARERS CHAMPION**

**IRIS**

**Who is a Carer?**

**3 in 5 of us will care for someone in our lifetime**

A carer can be a partner, parent, spouse, child, sibling, friends or any other relation. Anybody from any background and age can be a carer and their experience can be unique to their own circumstances.

When someone becomes a carer, it is usually when they are assisting someone, examples are; cleaning, paying bills, washing up, financial management and engaging appropriate services such as bathing, dressing, lifting, collecting prescriptions and emotional support such as listening.

Many people don’t think of themselves as ‘carers’. They see themselves simply as a husband, wife, father, mother, son, daughter or friend looking after someone they love. But if you provide regular unpaid help and support to a loved one who’s struggling to cope alone, then you’re a carer.

**Not sure if you are a family carer?**

Do you help a family member, child, friend or neighbour that:

* is frail
* has a disability or special needs
* has a chronic illness and/or
* has a mental illness
* has dementia/Alzheimer’s
* has a substance misuse problem with drugs or alcohol

**Carers support**

A carer is someone who looks after a relative or friend who, because of age, physical or other disability, cannot manage at home without help.

The type of care they provide may range from personal care such as toileting, washing and feeding to visiting shopping and housework. They can live in the same household or separate from the cared for person.

**Carers health**

If you look after a relative or friend with an illness or disability, it can be easy to neglect your own health and wellbeing.

Attending a free [NHS health check](http://www.nhs.uk/Conditions/nhs-health-check/Pages/NHS-Health-Check.aspx) can help to lower your potential risk of developing a whole range of conditions such as heart disease, stroke, type 2 diabetes, kidney disease and even some forms of dementia. Please speak to a member of reception team who will be happy to book an appointment for you.

There is more information on our Carers Hub page.

**Young Carer**

You're a young carer if you're under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

If you're a young carer, you probably look after one of your parents or care for a brother or sister.

You may do extra jobs in and around the home, such as cooking, cleaning or helping someone get dressed and move around.

You may also give a lot of physical help to a brother or sister who's disabled or ill.

Along with doing things to help your brother or sister, you may be giving them and your parents emotional support, too.

**Did you know about the Carers Hub?**

**Carers register**

The carers hub holds a list of carers so we can keep them up to date with news and events in the borough. It also allows us to get feedback on services and to shape how we deliver our services going forward.

The hub can offer support to carers on:

* advocacy
* dementia services
* emotional support
* specialised peer support groups
* social activities
* telephone support
* training
* sign posting to other support services
* advice
* carers information pack

The carers hub is also active on facebook.

Carers assessment can be done online on: <https://www.havering.gov.uk/info/20015/adult_social_care/584/carer_support>

To join the carers register  contact the carers hub by email at [info@haveringcarershub.org.uk](mailto:info@haveringcarershub.org.uk) or you can call 01708 961 111