

Railway Medical Group working together with



Do you look after
someone?



Do you spend all or part of your time looking after someone who depends on you because of a physical or mental illness, disability, frailty or substance misuse?

Carers Northumberland is here to help you!

- Putting carers first,
- Supporting carers,
- Informing carers,
- A voice for carers,
- Support tailored to meet your individual needs.

CALLING ALL CARERS!

Want to meet other carers?

We have a weekly Video Chat! Please contact the information service on [01670 320025](tel:01670320025) to join in. You will need access to a smart phone, laptop or tablet with internet connection and camera to participate.

Our GP surgery recognizes the importance of identifying and supporting carers and referring them to appropriate services. These are some of the ways in which we do this:

- Appointed **Sally Wilkin** as our Carers Lead Champion,
- Providing an annual health check and free flu vaccinations for carers,
- Helping people to identify themselves as carers and adding them to our carers register,
- Asking patients permission to share information with their carer,
- Involving carers in planning the care of people they look after,
- Signposting carers to useful information and support.

If you would like any more information please speak to our **Carers Champion Sally Wilkin**.



If you would like any mor information or to discuss anything you can:

- Contact Carers Northumberland on 01670 320025

Go on line Info@carersnorthumberland.org.uk or www.carersnorthumberland.org.uk