

## Rethink

Rethink is the national voluntary sector provider of mental health services and is able to provide carer support, including respite.

Spelthorne, Runnymede,  
Woking & Elmbridge ..... **01483 723244**  
Epsom, Ewell, Banstead, Redhill,  
Reigate & Tandridge ..... **01737 277739**  
Guildford & Waverley ..... **01483 451020**

## Carers Information Packs

Surrey County Council and the NHS have produced an information pack containing everything you need to know about services for carers in Surrey. Please ask at reception for a pack.

More information is available at:  
[www.actionforcarers.org.uk](http://www.actionforcarers.org.uk) a dedicated website for Surrey carers.

## Other services that may be available to carers in your practice

Ask at reception if they are able to offer you;

- Flexible appointments
- Annual Flu Vaccination
- Carer's Health check
- Home visits



## Crossroads Care Surrey

They can offer you support with a range of services including replacement care and a specialist service if you are looking after someone at the end of their life.

Crossroads Care Surrey - **North** **01784 446294**  
Crossroads Care Surrey - **East** **01883 714641**  
Crossroads Care Surrey - **West** **01483 447771**

## Other useful telephone numbers

Surrey County Council Contact Centre  
..... **0345 600 9009**  
Adults ..... **0300 200 1005**  
Children ..... **0300 200 1006**  
Out of hours ..... **01483 517898**  
NHS Direct ..... **111**  
Action for Carers (Surrey) ..... **01483 302748**  
[www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)  
Carers Direct ..... **0300 123 1053**  
[www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

## Learning, Work & Caring .... 01483 565874

Information, advice and support for carers trying to juggle work and care or who want to return to work or learning during or after caring.

## Moving & Handling

Specialist advice on issues related to moving and handling the person you care for in the home.

Reigate & Redhill ..... **01737 226586**  
Tandridge ..... **01737 226586**  
Guildford & Waverley ..... **01483 533645**  
Spelthorne, Woking, Surrey Heath,  
Runnymede & West Elmbridge .. **01932 577992**  
Banstead, Epsom, Ewell &  
East Elmbridge ..... **01372 729947**



# DO YOU LOOK AFTER SOMEONE?



Do you look after an elderly, frail or disabled friend or relative who could not manage without you? Is this care unpaid?

**REGISTER NOW WITH YOUR GP!**



## GP Carer Registration

It is important that everyone at your surgery is aware that you are a carer so that they can provide you with support and help if you need it. GPs have a responsibility to support and work with you in your caring role but also to help you to maintain your own health.

GP practices are required to identify and register all carers who use their practice, so please let your GP know if you are looking after someone.

### How to Register

To do this simply complete a yellow Carer Registration Form (available in the waiting room or from reception) and hand it in at reception.

### Why Register?

There are different types of help and support available to you as a carer. Once you are registered as a carer with your GP, access and referral to schemes and local services becomes much more straightforward.

## Young Carers (under the age of 18)

Carers can be of any age and children or young people living in a family where there is illness or disability frequently take on a caring role. If this is the case, help and support is available both to the Young Carer and to the whole family.

## Surrey Young Carers

[www.surrey-youngcarers.org.uk](http://www.surrey-youngcarers.org.uk) provides advice, information and support and organises activities and breaks for young carers. You can contact them direct on: **01438 568269** or email: [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk) or your GP can make the referral on your behalf. Your GP can also refer you directly to Surrey County Council Children's Service for support.

## GP Carers Breaks

Having an occasional break from caring is an important way of maintaining your own health.

In Surrey, carers can be referred by their GPs for a Carer Break payment. Following referral to SILC, this direct payment will be made to you if your GP feels that the burden of caring has affected your mental or physical health and that you would therefore benefit from a break.

If you are feeling stressed or unwell as a consequence of your caring responsibilities then make an appointment with your GP to discuss whether a referral can be made.

For more information contact SILC on: **01483 458111**

## GP referral to Social Care

Your GP is able to refer you to Surrey County Council Social Care Department or you can refer yourself directly if you prefer. Surrey County Council provides practical help, information and advice to help you care for someone. You can call Surrey County Council Contact Centre directly on: **0300 200 1005** (if you are looking after an adult) or **0300 200 1006** (if you are a parent looking after a child with a disability).



## Surrey County Council Emergency Carer's Card & Carer Registration Scheme

Surrey County Council has an Emergency Carer's Card which you carry with you at all times. If you are taken ill or are in an accident, this can alert the emergency services to your caring responsibilities.

Linked to this you can also register details with Surrey County Council about who you care for and what measures need to be taken if you are suddenly unable to continue in your caring role so that emergency provision can be made.

To get your emergency card and to register your details call: **0300 200 1005** or ask for a leaflet from reception.

## Local Carers Support Services

There are local independent carers support services based in each of the boroughs and districts across Surrey. These services provide carers with free advice, advocacy, information and support. They also run social activities and training events designed by carers for local carers.

Elmbridge .....	<b>0203 757 7230</b>
Epsom, Ewell & Banstead .....	<b>01372 722269</b>
Guildford .....	<b>01483 458123</b>
Mole Valley .....	<b>01306 640212</b>
Redhill, Reigate & Tandridge .....	<b>01883 745057</b>
Runnymede .....	<b>01932 564446</b>
Spelthorne .....	<b>01784 446234</b>
	or <b>01784 444233</b>
Waverley .....	<b>01252 718166</b>
Surrey Heath.....	<b>01276 27390</b>
Woking .....	<b>01483 727277</b>