

If you would like to find out more

You can make an appointment with Sharon Star, our Advice and Support Worker either at the medical centre or at your home. If you would just like to speak to her you can give her a call instead. **Telephone: 01805 622247**

Email: sharon.star@nhs.net

Useful Suggestions

We are building up information on services, and support that is available to Carers. If you have details of any support services or groups that you feel would be useful for the project please let us know. You can contact **Sharon Star on 01805 622247.**



Useful Telephone Numbers

Devon Carers Link	0845 643 1341
Care Direct at MyDevon	0845 155 1007
Care & Repair, Torridge	01237 424240
Careline	0208 514 1177
Carers UK	0808 8087777
Age Concern Okehampton & Torridge	01837 55838
Chemist-Lloyds	01805 622174
Citizens Advice Bureau - Bideford	01237 473161
Community Alarms Service	01271 373333
DIAL South West	01752 201 065
Gt Torrington & District Care Forum	01271 388618 07977 057378
Help The Aged	0808 800 6565
NHS Direct	0845 4647
PALS	0845 111 0080
Samaritans	0845 790 9090
TorrAge	01805 625614
Torridge Community Transport Ring & Ride & Volunteer Cars	01237 423232

Useful Websites

Devon Carers Link
devon.gov.uk/index/socialcare/carers/local-support
Care & Repair careandrepair-england.org.uk
Careline carelineuk.org
Carers carersuk.org
Citizens Advice Bureau citizensadvice.org.uk
DIAL UK dialuk.info
Help the Aged helptheaged.org.uk
NHS Direct nhsdirect.nhs.uk
Signpost for Carers torbaycaretrust.nhs.uk



The Carers Project is a pilot and runs until April 2009.



My Life, My Choice

'Improving support for Carers'

Carers Project

Available to Patients and Carers registered at Torrington Health Centre

Are you caring for someone but don't think of yourself as a Carer?

If you provide help and support, without payment, to a partner, child, relative, friend or neighbour, who could not manage without your help you are a Carer.

Our Carers Project can help you in your role as a Carer.

Torrington Health Centre
New Road
Torrington
EX38 8EL

Telephone 01805 622247

What is the Carers Project all about?

We have an Advice and Support Worker who is working in the practice alongside practice staff to raise the profile of Carers within the surgery.

Sharon Star is working to ensure that Carers receive the best recognition, support and services available from the practice.

We hope to increase the number of Carers identified by the practice and ensure that staff who work at the practice have a better understanding of your needs.

As part of the Carers project we can put you in touch with Devon Carers Link. Becoming a member would be a good way of keeping in touch with the services and support that is available as you will receive up-to-date information through their newsletters. You will also receive access to flexible Breaks Grants and Take a Break services, an emergency response card and much more.

How can the Carers Project help you?

- Point you in the right direction of other agencies who can offer you **practical help and support**
- Offer you advice on **keeping yourself healthy**
- Have a chat about whether you would benefit from some **emotional support** and how we can offer it to you
- Check to see whether you need a blood pressure check, flu jab, moving and handling assessment etc.
- Offer you **information and advice** on looking after someone with a specific condition

