

# My Life, My Choice

'Improving support for Carers'

## 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.



## How our Carers Project can 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 etc.
- Offer you information and advice on looking after someone with a specific condition

To find out more or book an appointment with our Advice and Support Worker.

**Call Sharon at the Health Centre**

**on 01805 622247 or**

**email: [sharon.star@nhs.net](mailto:sharon.star@nhs.net)**

**Torrington Health Centre**

**New Road**

**Torrington**

**EX38 8EL**

**Available to Patients and Carers registered at  
Torrington Health Centre**

