

## If you would like to find out more

If you would like to make contact with our Support Workers, our Practice Nurse or Occupational Therapist, please telephone us or send us an e-mail

**Telephone: 01404 814447**

**Email: [coleridgemedicalcentre@nhs.net](mailto:coleridgemedicalcentre@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 our Support Workers on **01404 814447**



## Useful Telephone Numbers

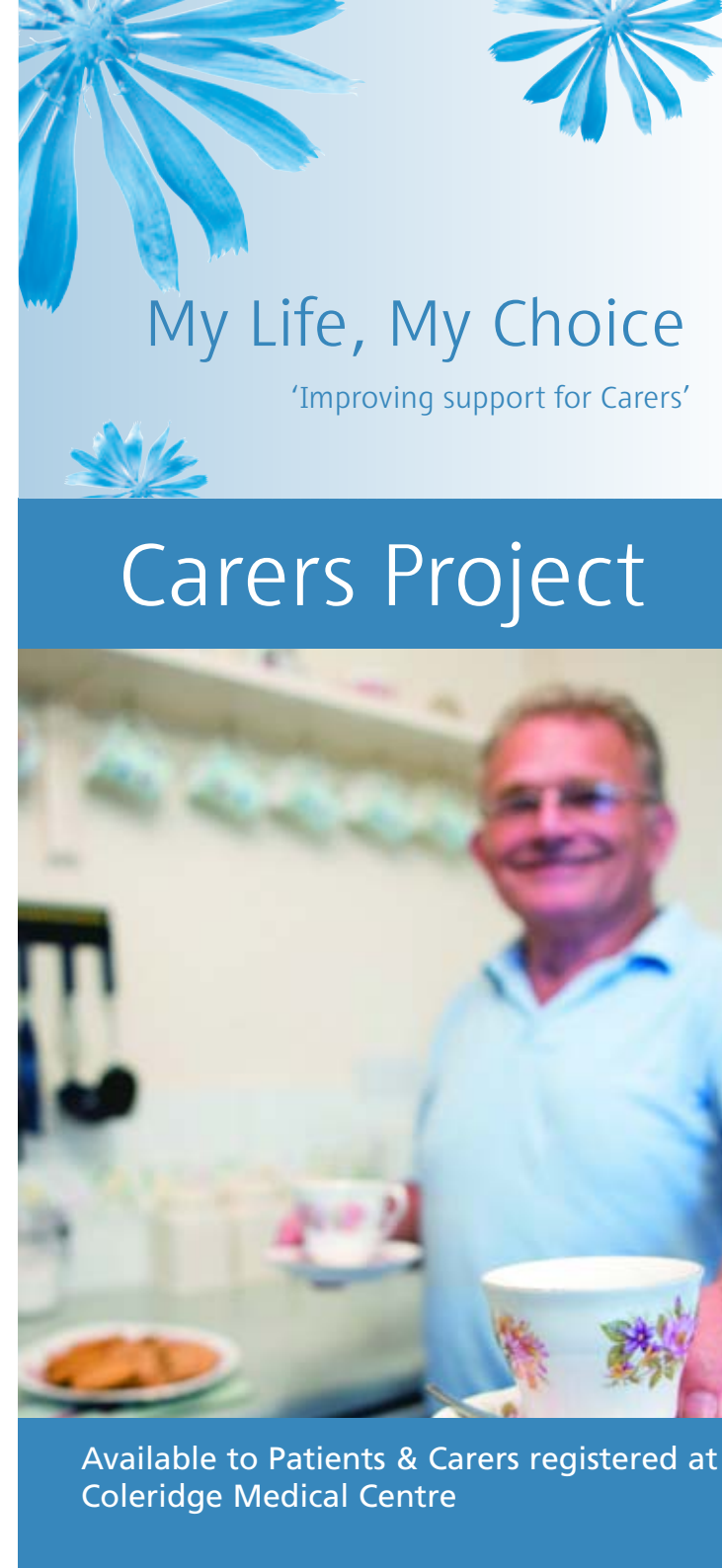
<b>Devon Carers Link</b>	<b>0845 643 1341</b>
<b>Care Direct at MyDevon</b>	<b>0845 155 1007</b>
Age Concern	01392 202092
British Red Cross	0845 331 3331
Carers Link (East Devon Carers Support Scheme)	01404 44411
Citizen Advice Bureau	01392 201210
Coleridge Medical Centre	01404 814447
NHS Direct	0845 4647
Ottery St. Mary Help Scheme	01404 816700
Ottery St. Mary Hospital	01404 816000
PALS – Here to help	01392 403621
Pendant Alarms	01392 578237
Royal Devon & Exeter Hospital	01392 411611
TRIP (Community Transport Association)	01404 46529

## Useful Websites

Age Concern [ageconcern.org.uk](http://ageconcern.org.uk)  
Citizens Advice Bureaux [citizensadvice.org.uk](http://citizensadvice.org.uk)  
Coleridge Medical Centre [coleridgemedicalcentre@nhs.net](mailto:coleridgemedicalcentre@nhs.net)  
Devon Doctors [devondoctors.co.uk](http://devondoctors.co.uk)  
NHS Direct [nhsdirect.nhs.uk](http://nhsdirect.nhs.uk)  
Royal Devon & Exeter Hospital [rdehospital.nhs.uk](http://rdehospital.nhs.uk)  
Social Services [devon.gov.uk](http://devon.gov.uk)  
My Life, My Choice [mylifemychoiceindevon.org.uk](http://mylifemychoiceindevon.org.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 & Carers registered at Coleridge Medical 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.

**Coleridge Medical Centre**  
Canaan Way  
Ottery St Mary  
Devon EX11 1EQ

Telephone 01404 814447

Email: [coleridgemedicalcentre@nhs.net](mailto:coleridgemedicalcentre@nhs.net)

## What is the Carers Project all about?

We have a 'Carers Team' who are working in the practice alongside practice staff to raise the profile of Carers within the surgery. Our aim is to ensure that Carers receive the best recognition, support and services available from the practice.

As part of our Carers Project we are able to offer two new services which may be of interest to you:

- Advice and support for Carers - we can offer help with any problems you may be experiencing and direct you to other services that can offer you help and support.
- Health checks - includes assessment of your general health and any problems you are experiencing that may affect your health.

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 injection, moving and handling assessment etc.
- Offer you **information and advice** on looking after someone with a specific condition

