

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 injection 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 the Coleridge Medical Centre on
01404 814447 or
email: coleridgemedicalcentre@nhs.net**

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

**Available to Patients & Carers registered at
Coleridge Medical Centre**

