

If you would like to find out more

You can make an appointment with Jane Cross, 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: 01395 226540**

Email: jane.cross@nhs.net

Jane is available Tuesday 2pm – 4pm and Thursday 10am – 12noon (drop in). Jane is also available all day on Tuesday and Thursday for phone calls.

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

**Jane Cross on
01395 226540.**



Useful Telephone Numbers

Devon Carers Link	0845 643 1341
Care Direct at MyDevon	0845 155 1007
Devon Doctors on call (out of hours service)	0845 6710 270
Social Services	01392 385700
TRIP (Community Transport Association)	01404 46529
NHS Direct	0845 4647
Age Concern	01395 271242
Citizens Advice Bureau	01395 264645
RD&E Wonford	01392 411611
Exmouth Hospital (General Enquiries)	01395 279684
Courtney Scheme (St Johns Court)	01395 263768
St John Ambulance	01392 266062
Exmouth Community Transport	01395 266062
Exmouth Carers Support Group	01404 44411

Rolle Medical Partnership Contacts:

Appointments	01395 226530
General Enquiries	01395 226540
Repeat Prescribing	01395 226550
District Nurses	01395 226590

Useful Websites

Rolle Medical Partnership www.rollemedicalpartnership.co.uk
Devon Carers Link devon.gov.uk/index/socialcare/carers/local-support
Devon Doctors devondoctors.co.uk
Social Services devon.gov.uk
NHS Direct nhsdirect.nhs.uk
Age Concern ageconcern.org.uk
Citizens Advice Bureau citizensadvice.org.uk
RD&E Wonford rdehospital.nhs.uk
Exmouth Hospital devonpct.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 Rolle Medical Partnership

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.

Rolle Medical Partnership
Exmouth Health Centre
Claremont Grove
Exmouth EX8 2JF

Telephone 01395 226545
www.rollemedicalpartnership.co.uk

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.

Jane Cross 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

