

If you would like to find out more

You can make an appointment with Nicola Chaffe, 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: 01364 642534**
Email: Nicola.chaffe@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 **Nicky Chaffe, Clair Stevens or Jenny Turner on 01364 642534.**



Useful Telephone Numbers

Devon Carers Link	0845 643 1341
Care Direct at MyDevon	0845 155 1007
Care & Repair	01626 355793
Careline	0208 514 1177
Carers UK	0808 8087777
Chemist: Ashburton	01364 652222
Chemist: Buckfastleigh	01364 642325
Citizens Advice Bureaux	01626 895460
Community Alarms Service (24hr)	01803 522228
DIAL UK	01302 310123
Help the Aged	0808 800 6565
Lunch Club (Maureen)	01364 643646
NHS Direct	0845 4647
PALS	0845 111 0080
Samaritans	0845 790 9090
Signposts for Carers	01803 666620
Transport (Sharing)	01364 643723
T- Set (Hilary)	01364 643561

Useful Websites

Devon Carers Link devon.gov.uk/index/socialcare/carers/local-support
Care & Repair careandrepair-england.org.uk
Careline carelineuk.org
Carers UK carersuk.org
Citizens Advice Bureaux citizensadvice.org.uk
DIAL UK dialuk.info
Help the Aged helptheaged.org.uk
NHS Direct nhsdirect.nhs.uk
PALS www.devonpct.nhs.uk
Samaritans www.samaritans.org
Signpost for Carers torbaycaretrust.nhs.uk
T Set (Hilary) t-set.co.uk

My Life, My Choice 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 and Carers registered at Buckfastleigh 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.

**Buckfastleigh Medical Centre,
7 Bossell Road,
Buckfastleigh,
Devon TQ11 0DE**

Telephone 01364 642534

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.

Nicola Chaffe 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

