

Join Carers Register NOW!

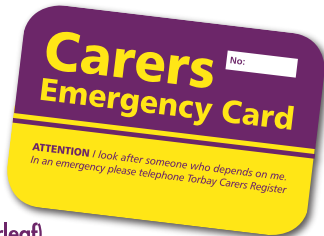
FREE back-up plan
co-ordination

FREE hospital parking
when supporting the
person you care
for & more

Contact **Signposts** (overleaf)

A service commissioned by Torbay Council

25225 V2/Carers/TSDFT/12.18/Review Date 12.20



Torbay and South Devon

NHS Foundation Trust



Family, Carers and Friends

Essential contacts if someone in
Torbay relies on you

Help and support is available

- Information and advice
- 1 to 1 and emotional support
- Finance, benefits and discounts advice
- Practical help with caring etc.

See www.tsdft.uk/carers

Facebook: www.facebook.com/TorbayCarers
or contact Signposts for Carers (opposite)

Essential contacts for you:

Each Torbay GP has a **Carers Support Worker** - please contact your surgery.

Carers Information Service **Signposts for Carers:**
Tel: 01803 66 66 20 | Email: signposts@nhs.net

Torbay Adult Social Care Tel: 01803 21 97 00

Torbay Childrens Social Care Tel: 01803 208100

Mental Health Tel: 01803 546470

Out-of-hours: 0300 456 4876