

## Contact us



Call Signposts for Carers on  
(01803) 666620  
9am - 4.30pm, Mon - Fri



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



Meet your Carer Support Worker  
within your GP practice



Drop in to one of our Carers Centres,  
details on website below



## Visit us online

[www.tsdfc.uk/carers](http://www.tsdfc.uk/carers)



[www.facebook.com/TorbayCarers](https://www.facebook.com/TorbayCarers)

GP CSW details...

This document can be made  
available in other formats.  
Contact (01803) 208455

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Torbay and South Devon  
NHS Foundation Trust

# Do you support someone?

## Support for unpaid Carers at your doctor's surgery



*Working with you, for you*

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## Supporting Carers in the GP Surgeries

We know that caring for someone with a disability, illness, mental health, drug or alcohol issue can be a demanding and stressful role. If you care for someone, whether they are a partner, child, relative, friend or neighbour, there is support available for you.

All doctor's surgeries in Torbay have Carer Support Workers as part of the Primary Health Care Team.

### What is their job?

To identify carers and offer them help and support.

### What can they do for you?

Carer Support Workers understand the physical and emotional pressures of being a carer. They can be a listening ear, and offer you a Carers Health and Wellbeing Check, providing support and helping you with:

- Information about practical support
- Emotional support
- Referring for finance and benefits advice

- Linking to Carers Support Groups
- Having a break
- Linking to other Specialist Carers Support (e.g. Mental Health, Learning Disability, drug/alcohol, young adults).
- Planning ahead

If you would like to speak to or make an appointment to see the Carers Support Worker at your surgery -

- Tell the receptionist that you are a carer and ask them to pass your details to the Carer Support Worker (CSW).
- Contact the CSW direct, as overleaf

The Carers Support Worker will then contact you to arrange a meeting either at home or at the surgery.

- Contact Signpost for Carers for any Carer-related information, as overleaf