

THANK YOU

Abbey Field Medical Centre

Ypres Road, Colchester CO2 7UW



Thank you

- for being a carer and for all you do in that role
- for responding to our text

Our aim is to show you how to access the support that is out there and to make life better for both you and the person you care for.

First of all

Sharon, who is the **GP Care Adviser** for our Practice, can give you information and help to access any and all of the benefits you are entitled to, and to equipment and gadgets which can help as well.

You can contact her at the Surgery, and on **01206 517100**.

Next

You can also talk to **Community360** who operate the **My Social Prescription** Scheme. This project addresses concerns affecting mental health and wellbeing and has been designed to reduce the time you might spend looking for help and support.

They can be contacted on **01206 505250** or by email on msp@community360.org.uk

Then

Have you met **Carers First**? This is a charity which concentrates on supporting carers. They offer all sorts of things: information and advice, guidance, emotional support, as well as training. They have a great programme of activities for carers only, giving you a break from your responsibilities. Help is also available to help you find the support you need.

Contact them on **0300 303 1555** or visit their website www.carersfirst.org.uk/essex

**And the good news ...
All these services are
free to you!!!**

**You are not alone –
there are many others in
the same boat; sharing
experiences can help
you and them.**

Don't forget Essex County Council Adult Support

This team can advise you on extra support such as a care package for you and the person you support. You can ask for a carer's assessment, looking at your needs, and assessments for the person you care for. It's quite painless and can open up all sorts of help and support.

www.essex.gov.uk/request-carers-assessment

Telephone: 0345 603 7630