

**Do you look  
after someone  
who could  
not manage  
without you?**

**Does your GP know  
you are a carer?**

Many people look after family or friends who cannot manage without them. This could be their child, parent, partner or even a neighbour who, because of a serious health condition, mental health issue, disability, age or addiction, need their help.

**For further advice and support contact:**

Swansea Carers Centre, 104 Mansel Street, Swansea SA1 5US  
Tel: 01792 653344 [www.swanseacarerscentre.org.uk](http://www.swanseacarerscentre.org.uk)



**Being a carer can often  
affect your own health but  
your GP can support you in  
your caring role.**

**Fill in this form and hand  
it in to the receptionist to  
register yourself as a carer.**

# Tell us about yourself...

**Name:**

.....

**Address:**

.....

.....

**Postcode:**

.....

**Date of birth:**

.....

**Contact number:**

.....

**Email:**

.....

**I care for**

.....

**Name:**

.....

**Relationship to you:**

.....

**Primary health condition:**

.....

**Date of birth**

.....



“ I no longer feel alone. I feel people recognise my role and my needs... this has made a huge impact in my world. ”

# What happens next?



Your surgery and Swansea Carers centre work together to ensure that unpaid carers like you get the help and support you need. Your surgery holds a carer register and will record you as a carer on their system. They may be able to offer you:

- Flexible appointments for you and the person you care for
- Invite you for a free annual flu jab
- Provide letters of support for you and the person you care for to access benefits and services
- Annual health check

With your permission, they will refer you to Swansea carers Centre (see overleaf, all our services are completely confidential).

I consent to my GP surgery referring me to Swansea Carers Centre

I wish to receive information relevant to my caring role

Signed (Carer)

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Health Professional

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Please ask for a copy of Swansea Carers Centre's 'Our Services' booklet.

**Swansea Carers Centre is a specialist organisation providing support to unpaid carers. They offer FREE information and support to make life easier for you, the carer. The following are just some of the services they offer:**

**Welfare Benefit Advice Service** - if you are entitled to claim a benefit such as Carers Allowance (CA), Attendance Allowance (AA), Universal Credit (UC) or Personal Independence Payment (PIP) then our benefit advisers will fill in the forms with you.

**Emotional support** - counselling can help you to make sense of your role as a carer. It is vital that you look after your own emotional well-being. The Counselling Service is FREE and available to all carers and former carers.

**Training and Development** - a regular training programme of activities to help carers have some time out, de-stress and learn new skills to better manage their caring role.

**Day Centre and Home Sitting Service** - caring for someone can sometimes be tiring or stressful and you may feel in need of a break or rest. The Caring Break Service will provide you with a few hours respite to have time to yourself.

**Young Adult Carers** - any young person aged 16 - 25 who provide unpaid care can access the YAC project which provides support specifically for this age group.

**Parent Carers** - carers who have a parental role for a younger dependent with an illness, disability or additional needs have access to a specialised project worker.

**Working and Caring** - the LEAP project offers friendly 1 to 1 advice and information to unpaid carers over 25 and not currently in employment. A weekly Job Club offers career advice and guidance.

**Volunteering opportunities** - gain confidence, meet new friends



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