

Name

Address

Postcode

Date of birth

Signature

Please tick if you give permission for your details to be passed on to Carers Support Centre for advice and support to the practice manager. Please add this patient to your carers register. You may also need to give them your practice's medical consent form.

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## Contact us

Ask your GP practice to refer you to Carers Support Centre or fill out our referral form on our website:  
[www.carerssupportcentre.org.uk/contact](http://www.carerssupportcentre.org.uk/contact)

**CarersLine:** 0117 965 2200  
[carersline@carerssupportcentre.org.uk](mailto:carersline@carerssupportcentre.org.uk)  
[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)  
**Young Carers:** 0117 958 9980

If you are in Hospital, please contact our Hospital Carer Liaison Workers.

### Our Carer Liaison Workers:

**Southmead Hospital**  
0117 937 5629  
[bnssg.hospitalcarerliaisonservice@nhs.net](mailto:bnssg.hospitalcarerliaisonservice@nhs.net)

**Bristol Royal Infirmary**  
0117 435 0188  
[bnssg.hospitalcarerliaisonservice@nhs.net](mailto:bnssg.hospitalcarerliaisonservice@nhs.net)

### Working in Partnership with

North Bristol NHS Trust, University Hospitals Bristol and Weston NHS Foundation Trust, Bristol City Council, NHS Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group.



Carers Support Centre  
Bristol & South Gloucestershire



## Carers Liaison Service

Support for carers through GP practices and in Hospital



# Who is a Carer?

A carer is someone who provides unpaid care and support to somebody who would be unable to manage without their help, due to illness, disability, or mental health issues. This includes young carers and parent carers.



Read NHS North Bristol's Carers Charter by scanning this QR code or visiting this link: [bit.ly/3Vfk6cZ](https://bit.ly/3Vfk6cZ)



# Support in Hospital

Carers Support Centre has Carers Liaison Workers based in Southmead Hospital and the Bristol Royal Infirmary (BRI). They can support and advise carers while they, or the person they care for is admitted to hospital or receiving regular treatment.

## Carers Liaison Workers can help you by:

- Explaining hospital processes.
- Communicating your needs or concerns to ward staff.
- Attending meetings with you and acting as an advocate if necessary.
- Ensuring you are involved in the care planning for the person you care for while they are in hospital.
- Supporting you to take a break from caring.
- Talking to you about benefits, carer's assessments, and connecting you to other services.
- Ensuring you are involved with discharge planning.

Carers Support Centre is a registered charity providing a range of services for carers of all ages. This includes a confidential telephone support line, carers emergency card, one-to-one support, carers groups and a befriending service. You can contact CarersLine (by telephone or email) to find out more about these services, or for advice and information.

# Support in GP Practices

When you are looking after someone, you can often forget to look after yourself. It is important to maintain your own good health and there is support available to help you.

## Your GP surgery

It is important to register yourself as a carer at your GP surgery or medical centre. They can help you stay as fit and healthy as possible, for example, by offering free flu vaccinations to carers. Some GP practices also offer telephone call backs and email consultations, which can be helpful for carers who find it difficult to leave the person they care for.

You can register yourself as a carer with your GP practice by filling in the form overleaf.

## Getting a Carer's Assessment

As a carer, you have a right to an assessment. A carer's assessment will look at the ways caring impacts your life. The assessment process varies according to the local authority, but the Carers Support Centre can help you with this.