BRIDGE MEDICAL CENTRE

Carers Newsletter— November 2020

Am I a carer?

A carer is anyone who looks after a family member, friend or partner who needs help due to illness, disability, frailty, an addiction or mental health issue and is unable to cope without your support. A carer can be an adult or a child and is unpaid.

There is additional support available to those that are carers. You can register yourself as a carer with Bridge Medical and we can support you in a variety of ways. Carers can be fast tracked to preventative and low-level support including wellbeing checks, we offer health checks and flu jabs to help maintain good physical health and can signpost you to appropriate support services such as Carers Support West Sussex.

For more information or to find out if you can register as a carer, please ask the Practice team.

TuVida
Supporting your life

TuVida is a not-for-profit organisation. They provide help and support to carers and the people they care for across West Sussex. Its aim is to provide support that enables people to make the most of their lives.

Helping carers take breaks when needed

They provide care to people at home or in the community to enable unpaid family and friend carers to take periods of respite. Help and support can be made available at any time, day or night. They can also help to arrange short breaks for friends or family members.

What does respite care involve?

They provide a wide variety of services to people of all ages with a range of health conditions— including:

Personal care, medication, preparing meals, trips out in the community, shopping and light domestic chores

For more information contact TuVida by:

Telephone: 01903 790270 (9am-5pm, Monday-Friday) or email: westsussex@tuvida.org

Carers Support can help carers from all communities across West Sussex by providing practical information, guidance and emotional support.

Services include

Carer Wellbeing Workers

Carer Wellbeing Workers provide individual support to people caring for someone with any long term illness or disability. They offer access to a Carer Wellbeing Fund, a range of equipment to promote independent living and information on financial support that may be available.

Specialist workers offer information and support to help you in caring -

Mental Health, Learning Difficulties, Autism and Asperger Syndrome, Drugs and Alcohol, Parent Carers and Young Adult Carers

Emotional Support Service

This service is for those carers who need time to talk through their concerns and feelings.

They offer— Counselling sessions with a specially trained counsellor, a Telephone Call Back Service, as caring can sometimes be isolating and other support for emotional wellbeing and relaxation.

Carers Response Line and Information

By calling 0300 028 8888 they can offer -

A personal plan of support to help carers look after their own wellbeing and information on local and national services available for carers.

Online services also provide advice and information for carers -

An informative website and online Support for carers who may not wish to speak on the phone.

Events and Activities

Regular events and activities for carers such as -

Workshops and open meetings where you can have your say, including our 'Carers Voice', a diverse range of Support Groups across the county, Learning and Wellbeing Programme to help carers look after their own health and wellbeing, access to low cost complementary therapies and Social Events.

If you would like to register with Carers Support West Sussex you can do this easily online at www.carerssupport.org.uk or call us on 0300 028 8888