



Carers Newsletter— November 2022



Do you need to register as a carer?

If you are a carer, please let us know by completing the form on our website:

<https://www.bridgemedicalcentre.co.uk/carers-support>

Once you register as a Carer, one of our PCN Care Co-ordinators will contact you to complete a Carers Assessment and to ensure you, and the person you care for, are getting everything you need.

The Care Co-ordinators are on a mission to ensure everyone is getting the best from Bridge Medical Centre and will be calling patients to get them booked in for outstanding vaccines and screenings and to ensure you have the support to manage your healthcare needs.

Emergency Respite for carers (West Sussex)

Many carers worry about what would happen to the person they care for in an emergency. For instance, the carer might be taken ill suddenly, or be called away for work or other urgent family issues.



In such circumstances, TuVida can provide emergency respite care for a temporary period of time.

This service can be available for a period of up to 48 hours, or up to 72 hours if the emergency falls over a weekend or a bank holiday.

Emergency respite service is funded entirely by West Sussex County Council – meaning there is no associated cost to carers. The service is available subject to staff availability and funding, according to the terms of the contract with West Sussex County Council.

The emergency respite service is not intended for daily respite care, short breaks, non-emergency situations such as social occasions or hobbies or as replacement care when a home care provider has not turned up.

For more information please contact Tu Vida on 01903 790 270 or email westsussex@tuvida.org

Carers Rights Day



Each year Carers Rights Day brings organisations together to help carers in the local community know their rights and find out how to get the help and support they are entitled to.

This year Carers Rights Day is 24 November 2022.

About Carers Rights Day

Whether you are a new carer or have been caring for someone for a while, Carers Support West Sussex believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it.

This year, Carers Support West Sussex's campaign will focus on the ways in which **Caring Costs** unpaid carers. From carers' wellbeing and ability to access health services, to costs to their finances and employment options, to the current cost of living crisis which is being felt even more acutely by carers throughout the UK, **Caring Costs** in so many ways.

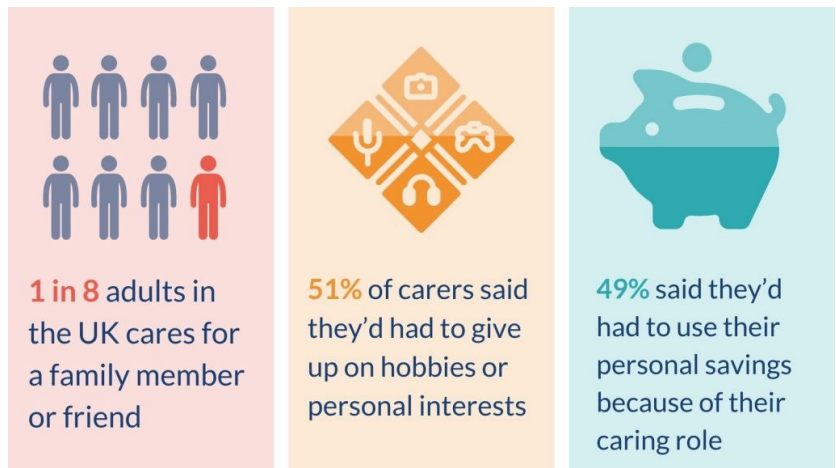
Carers Support West Sussex will be running some workshops throughout the week, including carer benefits info sessions and legal workshops.

To book or view all workshops available please visit : www.carerssupport.org.uk/carers-rights-day

The impact of being a carer

Did you know that there are approximately 6.5 million people across the UK who are carers? That means 1 in 8 adults are caring for family members or friends.

In a survey from the Carers Trust, half the carers (51%) said they had given up on hobbies or personal interests; similar numbers (49%) had needed to use their personal savings because of their caring role.



Carers often take on extra responsibilities they know little about. These responsibilities can have an effect on the carer's mental and physical health. In one study, researchers interviewed family members who were caring for people with dementia.

Most (2 in 3) said they felt lonely. Not only is loneliness distressing, it can also impact physical health.

Caring does not only affect health, caring can have a serious financial impact. With the rising cost of living, the financial impact of caring is growing. Many carers need to give up or reduce their employment, rely on charities for basic necessities, and pay for expensive services or equipment to support their loved one.

If you need any help or support please contact one of our PCN care coordinators on 01293 526025.