

DR RAJA & PARTNER

Our autumn 2019 Newsletter.



Newsletter Topic: ALL ABOUT CARER'S

For more detailed information please visit:

- <https://www.bradforddistrictscg.nhs.uk/your-health--services/carers/>
- www.carersresource.org
- https://www.which.co.uk/later-life-care/carers-and-caring/being-a-carer?msclkid=b1378a435cb514fa3386d7d839384cb3&utm_source=bing&utm_medium=cpc&utm_campaign=**Elderly%20Care-Being%20A%20Carer-Generic-Broad&utm_term=%2Bcarers&utm_content=carers

WHAT IS A CARER? ARE YOU A CARER?

A carer is someone who, without payment, provides help and support to a friend, neighbor or relative who could not manage otherwise because of frailty, illness or disability. They may even be juggling paid work with caring responsibilities at home. Carer's have a tough job – it can mean unrelenting pressure, little chance to relax and a lot of worry. The system is complicated, and the issue is hidden.

CARER'S RESOURCE:

If you are a carer, Carers' Resource is a local, specialist carer's centre which covers Bradford and Airedale. Carer's Resource provides a number of different services, including:

- Help applying for benefits.
- Support planning.
- Guidance through the health and social care system.
- Information packs.
- Tailored information on any caring or carer related subject.
- Advice on how to apply for a carer's assessment.
- Information about planning for emergencies.
- Opportunities to access coffee mornings, lunch clubs and supper groups.
- Access to leisure based classes such as art or aromatherapy.

YOUNG CARER'S:

If you are a young carer (between 5 and 18 years) and need access to support services, you can contact the Barnardo's Bradford Young Carer's service. You can call the service on 01274 481 183, Monday to Friday 9am to 5pm or visit the website for more information.

Whatever your age or caring situation, you can come along to any of the Carer's Hubs:

- Horton Park Health Centre, Level 2, 99 Horton Park Avenue, Bradford, BD7 3EG. Monday to Thursday 10.00am – 4.00pm and Friday 10.00am – 2.00pm.
- Lynfield Mount Hospital, Heights Lane, Bradford, BD9 6DP. Tuesdays 12.00pm – 3.00pm.
- Dyneley House Medical Centre, New market Street, Skipton, BD23 2HZ. Wednesday 12.30pm – 3.00pm.

