

# **CARERS WAKEFIELD & DISTRICT HELPING CARERS CARE**

**Do you give help to a relative, child or friend who is ill, has a disability, an addiction or has a mental health condition?**

**Caring can be rewarding and satisfying,  
but it can also be very stressful and exhausting.**

**Do you need someone to talk to, a listening ear, information, support and advice?**

**Carers are ordinary people whose lives change because they are looking after relatives or friends who, because of disability, illness or the effects of old age, cannot manage at home without help.**

**Some carers provide just a few hours a week, for others it is a 24 hours a day, seven days a week job. The person cared for may live with the carer, just around the corner or some distance away.**

**What can Carers Wakefield & District offer?**

**We offer a confidential and support service to unpaid carers.**

**We try to help by giving you time to talk in confidence, give you information about the help that is available, help you 'through the system' to arrange the support you need, put you in touch with other carers and support groups.**

**If you think we can help please telephone our duty desk on (01924) 305544 or email us [info@carerswakefield.org.uk](mailto:info@carerswakefield.org.uk), visit us at 25 King Street, Wakefield, WF1 2SR.**

**Our office opening hours are Monday - Friday 9.00am - 5.00pm.**

# **LET YOUR GP SURGERY KNOW YOU ARE LOOKING AFTER SOMEONE WHO COULDN'T MANAGE WITHOUT YOU?**

**Caring for someone can affect a person's physical and /or emotional wellbeing. It is important that your GP surgery know that you are a carer.**

**Then we can help you access support and ensure that you get the care that you need to protect your own health, enabling you to continue to care for your relative or friend.**

**We have a Carers' Register.**

**You can request to be added to the Carers' Register by completing the pink card on reception and handing it into the receptionist.**

**We also have a Carers' Champion.**

**(A Carers' Champion is a member of a GP Surgery who coordinates the identification and supports carers. They act as a voice for carers within a GP Surgery).**

**Your Carers Champion at Rycroft Primary Care Centre is  
JEANETTE MATCHETT.**

## **Carers' Chaperone**

**Rycroft Primary Care Centre recognises that it can sometimes be difficult to talk to your doctor if the person you care for is with you. If you need a carers' chaperone to sit with the person you care for whilst you have your own appointment, then please ask at reception.**