

Railway Medical Group working together with



Do you Look after someone?



Do you spend all or part of your time looking after someone who depends on you because of a physical or mental illness, disability, frailty or substance misuse?

Carers Northumberland is here to help you!

- Putting carers first
- Supporting carers
- Informing carers
- A voice for carers
- Support tailored to meet your individual needs.

CALLING ALL CARERS!

Come along to our local group specifically for carers living in the BLYTH area. This is an informal group where you can access information and meet other carers

Meetings are held on the third Thursday of the Month at the Buffalo Community Centre between 10.30am – 12noon

Our GP Surgery recognises the importance of identifying and supporting carers and referring them to appropriate services these are some of the ways in which we do this:

- Appointed **Joshua Wise** as our Carers Lead Champion
- Helping people to identify themselves as carers and adding them to our carers register
- Signposting carers to useful information & support
- Providing appointments at convenient times for carers
- Providing health checks & flu vaccinations for carers
- Asking patients for permission to share information with their carer
- Involving carers in planning the care of people they look after



Joshua Wise

If you would like any more information or discuss anything you can:

- **Make an appointment with a GP**
- **Speak to our Carers Champion Emma Bennison**
- **Contact Carers for Northumberland on 01670320025**
- **Go on line [Info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk) or www.carersnorthumberland.org**