

Does your GP know you're a carer?

- It is easy to concentrate on the person you care for, but it is very important to take care of your own physical and mental health and wellbeing too.
- Make sure you ask your GP to register you as a carer, so everyone at your GP practice is aware of your situation. If they know you are a carer, they are much more likely to offer you help and support.



For example, if you are a registered carer you will automatically be offered an annual flu vaccination, free of charge.

Get in touch

To find out more or for an informal chat about how we can help you, please feel free to get in touch. Please fill in your details below, tear or cut off this page and post it to us at:

Carers Health and Wellbeing Service
VASL, The Settling Rooms, St Mary's Place
Springfield Street, Market Harborough
Leicestershire, LE16 7DR.

Name

Address

.....

.....

Tel

Email

Any information you provide will always be held in the strictest confidence and we will not share your details with anyone else.

Call us: 01858 411380

(calls charged at local rates, calls from mobiles may be higher)

Email us:

wellbeing@vasl.org.uk

Visit us:

www.carerswellbeing.org

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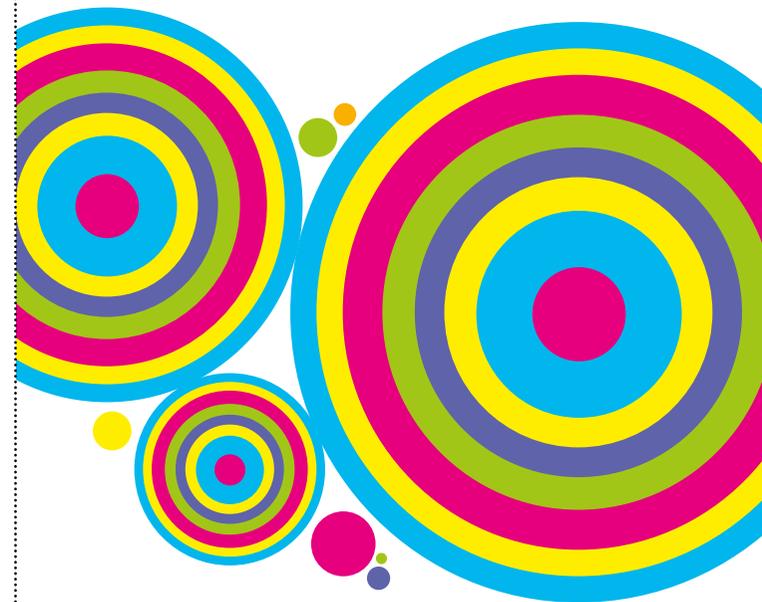
VASL
INCLUDE • INVOLVE • ENRICH



Carers Health and Wellbeing Service

Do you support someone who could not manage without you?

If the answer is yes, you are a carer and we are here to support you.



We are a free confidential service working with GP practices to support carers throughout Leicestershire.



What do we mean by a carer?

A carer is someone who spends a lot of time providing a variety of emotional and practical support to a loved one, family member or friend, because of their disability, physical or mental ill health, substance misuse, or because they are elderly and frail, without getting paid.



Every situation is different but remember:

- A carer can be any age - and so can the person you look after.
- You do not have to live with the person you care for.
- Every caring responsibility is unique to you. Support can mean everything from practical help to emotional support.

Does that sound like you?

If so:

- Do you know what benefits you could be entitled to?
- Do you know what help you could get?
- Have you had a Carers Assessment?

The Care Act 2014 aims to make sure that carers get the help they need to continue in their caring role.

Following an assessment of your needs and support, if eligible, you may be entitled to a personal budget to help you pay for the things you need.

You can find out more and request an assessment by calling:

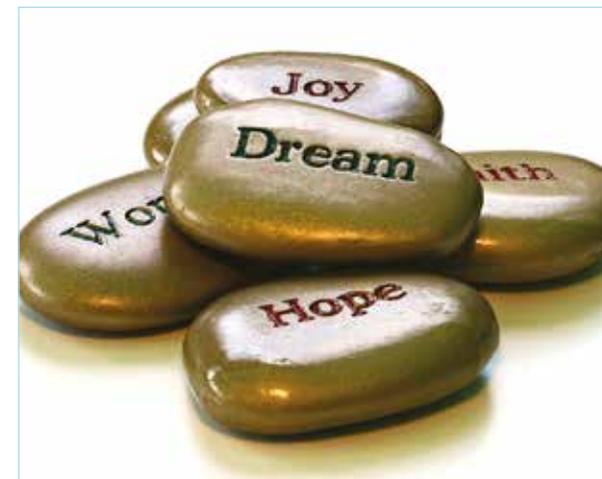
Support For Carers on 0845 689 9510 or visit www.leics.gov.uk

How can we help you?

The Carers Health and Wellbeing Service is a free, confidential service for carers throughout Leicestershire. We want to help carers look after their own health and wellbeing but we know your caring responsibilities can sometimes leave you feeling stressed, run down or even lead to physical, mental or emotional ill-health.

Our friendly, experienced team is here to help you in all kinds of ways, including:

- Helping you find relevant services that could support you, or help you sort out a specific issue.
- Listening to your views and making sure you get the support you are entitled to or improving the support you get at the moment.
- Giving you support and information on other services available to you.



Who are we?

The Carers Health and Wellbeing Service is run by VASL, a community based organisation with a long and very successful history of supporting carers.

We're here to help YOU in your caring role and take care of your own health and wellbeing.