



## Carers Champions



**What is a Carer?** A carer is anyone who looks after a family member, partner, or friend who needs help because of their illness, frailty, disability, mental health problem or addiction and cannot cope without their support. The care they give is unpaid and would include parent carers of a disabled child and young carers looking after a member of the family.

Many people who care for others don't see themselves as carers. This is because they see themselves as a husband, wife, partner, son, daughter, brother, sister, friend etc. It is important that people are encouraged to recognise that they are carers so that they can be signposted to support at the earliest opportunity.

### **Ash Grove Surgery - Carers Champions**

Most staff at Ash Grove Surgery have received Carers training. In addition the following members of staff have had additional training & support and available if you require any further assistance.

- **Kirsty Spurr**
- **Lucy Mills**
- **Kirsty Temple**
- **Kari Leonard**

#### ❖ **Links to useful websites for carers – for advice and support**

<https://www.wdh.co.uk/CareLink/>

<https://www.wdh.co.uk/HealthAndWellbeing/>

<https://www.wakefield.gov.uk/health-care-and-advice/digital-resource-for-carers>

#### ❖ **Live Well Wakefield – includes a social, exercise and support groups directory**

<https://www.southwestyorkshire.nhs.uk/services/live-well-wakefield/#toc-item-1>

**If you are a carer or have someone who cares for you, please contact and advise the surgery. We can ensure your medical records are noted accordingly and you receive the right care, support and guidance needed.**

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