



Are you looking after someone who can't manage without you?

The Carers' Centre is here to help you



Designed by the Adult Social Care Communications Team in partnership with Carers Bucks. Printed on recycled paper, June 2006.

Useful contacts

Carers Bucks

Aylesbury Office
Ardenham Court
Oxford Road
Aylesbury
Bucks HP19 8HT
Tel: 01296 392711
Fax: 01296 392466

High Wycombe Office
9 Amersham Hill
High Wycombe
Bucks HP13 6NR
Tel: 01494 463536
Fax: 01494 539989

Email: mail@carersbucks.org

Buckinghamshire County Council Adult Social Care

Tel: 08453 708090

Web: http://www.buckscc.gov.uk/care_information/carers_centre_0604.htm

Buckinghamshire Mental Health NHS Trust

Tel: 01296 393363

Web: www.bucksmht.nhs.uk

NHS Direct 0845 4647

Asian Carers Line

Tel: 01494 474300

For more copies of this leaflet, please phone 01296 382935 or order them through the Buckinghamshire County Council website. You can get this leaflet on tape, in large print, or in Urdu if you ask us.

اگر آپ اردو کے لیف لیٹ کے لئے آرڈر دینا چاہیں تو برائے
مہربانی اردو لیف لیٹ لائن کے نمبر 01296 383715
پر رابطہ کریں۔

If you are concerned that someone is being hurt, please call Careline, Freephone 0800 137915.

About the person you care for

Name Date of Birth

Relationship to you

Do they live with you? If not where?

Please briefly describe their illness or disability:

Is there any specific information or advice you would like from us now?

Please send this form to:

Carers Bucks
FREEPOST SCE15449
Aylesbury
HP19 8BR



Registered Charity No. 1106745

Are you a family carer?

If you are looking after a family member or friend who needs help because they are ill, frail or have a disability, you are a family carer, and you are entitled to information and support for yourself.

It doesn't matter if you're providing help for a few months, perhaps following an accident or serious illness, or for a lifetime. Irrespective of where you live, how old you are, who you are caring for or your ethnic origin, the Carers' Centre is here to help you.

The Carers' Centre is called Carers Bucks and provides emotional support to all ages and groups in society, including young carers (aged 5 to 18), parent carers looking after a child with a physical or learning disability, older carers, the Black and Minority Ethnic community, and those looking after someone with mental illness, including depression.

Carers Bucks are here to help you too.



How can we help?

Carers Bucks' highly experienced staff can help you by providing:

- information on benefits and how to apply for them;
- guidance on where to get help for the person you care for;
- support in getting a Carer's Assessment - an assessment of your needs;
- help in getting a rest from your caring role;
- emotional support and a listening ear;
- advice on how to protect your health;
- training to help you in your caring role;
- links with other family carers, including support groups; and
- access to grant payments, for example to help towards a holiday, for a massage or counselling.

While there are many agencies to support and assist the person you are caring for, Carers Bucks exists entirely to support the well being of carers. Any family carer who rings Carers Bucks will be able to speak to someone in confidence who can empathise and help with the issues that most directly affect carers.

Carers Bucks will speak up for you and help you to get your message across to people you have to deal with in your role as a family carer.

Carer Registration Form

Name	Address		Postcode
Tel. No.	Email *	GP	
Date of Birth			
GP Surgery			
Have you been told about the Carer's Assessment?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Please complete the information on the back of this form to help us to help you. Your details will be treated with the same confidentiality as health and social care records and any numbers taken for statistical purposes will be anonymous. * By giving us your email address, you are agreeing to us contacting you by this method.			
Please register me with Carers Bucks. I agree to my details being recorded by Carers Bucks and held in accordance with Data Protection legislation.			
Signature		Date	