

Spencer Street Surgery

If you're a Carer who helps and supports someone who can't manage on their own, we want to ensure YOU get all the support YOU need

Are you caring for your husband/wife/partner, son/daughter, mother/father or a relative/friend/neighbour with an illness disability or who suffers from a substance misuse, or someone who could not otherwise manage on their own at home?

Carlisle Carers Association are running a project to increase awareness of their services. They can help you with:-

- **Advocacy**
- **Benefits/Carers' allowance assessments**
- **Carers Assessments**
- **Counselling**
- **Employment Support**
- **Family Support**
- **Information & Signposting**
- **One-to-one Support**
- **Respite Sitters**
- **Therapeutic Treatments**
- **Volunteer drivers**
- **Young Carers Support**

Please inform your doctor/nurse or other member of surgery staff that you are caring for someone or fill in the Identifying Carers' form available at Reception