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Organisations

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**Adult Carers in Hampshire:**

Support for carers and dementia advice

[https://Carer Support & Dementia  
Advice for Hampshire - Andover Mind](https://Carer Support & Dementia Advice for Hampshire - Andover Mind)

01264 332297 Option 3 weekdays 9 – 5

**Parent Carers:**

[https://wiltshireparentcarercouncil.co.uk/  
en/Home Page](https://wiltshireparentcarercouncil.co.uk/en/Home Page)

01225 764647 10 – 5, Mon – Friday

Improving local services for children  
and young people with special  
educational needs and / or disabilities

**For Children and Young Carers:**

There is support for each age group.

To make it easy, our Social Prescribing  
Link Workers will help complete the on-  
line referral as it is quite long and  
complicated.

If you are aged **5 – 16** you can also visit  
[https://carersupportwiltshire.co.uk/youn  
g-carers](https://carersupportwiltshire.co.uk/young-carers) They can help you access  
activities and breaks with Youth Action  
Wiltshire

Or

If you live in Hants, there is Hampshire  
Young Carers Alliance

<https://hyca.org.uk>

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# The Castle Practice

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## Carers' Leaflet

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## Are you a carer?

You may not even realise you are, or have become, a carer as you give support to another person.

They may need help because of disability, mental or physical illness, substance misuse or because they are elderly and frail.

If you look after a friend, family member, spouse, partner or neighbour and they could not manage without your help - then you are a carer.

And if you are a carer, please let us know so that we can support your needs.

Carers are not just adults, many young people look after parents, or support siblings

### Our Carer Leads

Please ask to talk to:

**Sharon Lewis** based at Tidworth  
**Sue Winstone** based at Ludgershall

They support our carers, under the leadership of Dr Louise O'Leary

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## What we do to support you

Your wellbeing is important. Caring could affect you physically, mentally, emotionally, or financially.

With your agreement, we will refer you to Carer Support Wiltshire, Wiltshire Parent Carer Council, or the Young Carer department at the Council. Why? Because they can assess your needs and help you access the right support

We give you our helpful and informative carers pack

We can ensure we are flexible when you need an appointment at the practice

Our clinical team will be aware of your needs

We will offer an annual 'fu jab

We can offer a health check

Our Wellbeing team may support or signpost you to access help you need

We aim to hold carers' clinics with a health check and the opportunity to speak to someone from Carer Support Wiltshire. These were suspended during the Pandemic.

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## Organisations:

### For adults in Wiltshire:



**Free** confidential information, advice and support to all carers in Wiltshire:-

- Carer Assessment
- Information Pack
- Home visit if required
- Carer's Emergency card
- Signposting for debt or benefit advice
- Newsletters
- Training to help you in your caring role
- Opportunities to meet other carers
- Group activities
- Counselling
- Befriending
- Outings and pampering
- Carer grants

**Freephone** 0800 181 4118

[www.Carer\\_Support\\_Wiltshire](http://www.Carer_Support_Wiltshire)

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