



Carers' Support

Information and resources for carers of relatives, friends or neighbours.



Working with you
Marsh Medical Practice



How can you start getting this help?

There are people in our area who are looking after a friend, relative or neighbour. They may not see themselves as a carer and sometimes they are worried about getting help. We respect our carers and can offer a range of information to help support them.

Please inform us if you are a carer.

We can signpost you to appropriate resources that cover a wide range of topics including:

- Coping
- Benefits
- Relaxation
- Equipment
- Respite care
- Lifting and moving

We can also give you a review appointment with one of our clinicians to advise regarding health issues.





Did you know?

- There are 700,000 young adult carers in the UK
- 1 in 5 people aged between 50 to 64 who are caring for someone
- Care may be short term (for example following an accident or an operation) but it can also be a permanent situation
- The person you may be caring for could be any age and be suffering from illness, disability, or have an addiction to either alcohol or drugs
- An older person who is frail may also require care and rely on a carer
- As a carer you are entitled to have your needs assessed by Adult Care Services and there are no charges for these services
- And remember: Our service is open to young and old

Additional information

In a life threatening emergency always call 999

Between 8am and 6:30pm (Monday to Friday)
please call us on **01507 358 623** for the following:

- **Urgent on-call doctor appointments**
- **GP appointments**
- **GP telephone consultations**
- **Nurse appointments**
- **Health checks**

In the event of needing medical help outside of
these hours please call **111**



Useful numbers to know

Age UK **08001696565** (open 8am to 7pm every day)

Citizens Advice Bureau **03444111444**

Call Connect **03452343344**

Voluntary Car Service **01507 609535**
(operational 24 hours per day)

RVS (formally WRVS) **08456080122**

Healthcare:

District nurses **01507 631295**

Marsh Medical Practice **01507 358 623**

Mental Health Single Point of Access **03031234000**

Hospitals:

Diana Princess of Wales Hospital, Grimsby **01472 874 111**

Lincoln County Hospital **01522 512512**

Louth Hospital (minor injuries unit) **01507 600 100**

Carers UK (minor injuries unit) **0808 808 7777**
10am-4pm Monday to Friday (ansaphone available)

Useful websites

www.ageuk.org.uk (**Support and information for older patients**)

www.lincsshine.co.uk (**Mental health support network**)

www.cruse.org.uk (**Bereavement support**)

www.carersuk.org (**Carers UK website**)



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