

## **Carers Support Harrow - Carers First**

There are 5.7 million people in the UK who care for a relative, partner or friend, or have a child with a disability. They care, unpaid, for people who cannot manage without help because of disability, illness or frailty. Anyone can be a carer – carers are found in all communities and all age groups. Many people who care do not identify themselves as carers, and therefore carry on caring unaware of the support available to them.

Carers Support Harrow (CSH) in partnership with the National Health Service, Primary Care Trust and Local Authority, have been carrying out a carer information desk at the Enderley Road Medical Centre for sometime now, it's purpose is to raise carer awareness within the practice.

The GPs, Practice Manager and Surgery Staff co-operate fully and support the work being carried out by Carers Support within the surgery.

Susan Coyle the Health Liaison/GP Link Worker for Carers Support Harrow provides information and advice once a month for Carers in the main reception area. She can offer support and help and will be able to discuss your situation with you.

- ❖ There may be benefits you are entitled to but are not claiming,
- ❖ There may be support groups or agencies in the locality that you are unaware of.
- ❖ Perhaps you just need a sympathetic ear to listen to any concerns you may have in your caring role.

Susan will be here 9 am – 11am once a month usually the second Friday each month. If you are a carer she would very much like to see you. You do not need an appointment. Susan can also be contacted at the centre.

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