

USEFUL NUMBERS FOR LOCAL ORGANISATIONS:

- **CLASP The Carers Centre** 0116 251 0999
- **Rethink** 01530 276 525
- **Leicester Action for Mental Health** 0116 255 6286
- **Mencap** 0116 242 2738
- **Age Concern** 0116 299 2233
- **Alzheimer's Society** 0116 262 7937

USEFUL NUMBERS FOR LOCAL CARERS PROJECTS:

- **VA Blaby** 0116 272 7669
- **VA Charnwood** 01509 631 750
- **VA Melton** 01664 410 007
- **VA Hinckley & Bosworth** 01455 633 002
- **NW Leicestershire CVS** 01530 510 515
- **VA South Leicestershire** 01858 433 232
- **VA Oadby & Wigston** 0116 281 0026

LOCAL SOCIAL CARE SERVICE OFFICES:

- **Blaby/Oadby/Wigston** 0116 278 7111
- **Charnwood** 01509 266 641
- **Hinckley & Bosworth** 01455 636 964
- **Market Harborough** 01858 465 331
- **Melton** 01664 564 698
- **North West Leicestershire** 01530 275 200
- **Emergency Duty Team** 0116 255 1606

YOUR OWN USEFUL NUMBERS:

GP:

Chemist:

Chiropodist/Podiatrist:

District Nurse:

Dentist:



Adult Social Care Services
Tel: 0116 305 7404
Email: adultsocialcare@leics.gov.uk

Do you look after someone you care about?
If so, YOU ARE A CARER



Promoting independence | changing lives

You may be entitled to help with your caring role

DO YOU CARE FOR:

- A parent
- A child
- A friend
- A neighbour
- Any other relative

DO YOU HELP WITH THINGS LIKE:

- Shopping and collecting medication
- Cooking and cleaning
- Company and friendship
- Help with correspondence
- Day to day finances
- Emotional support
- Supervision and mobility

SOCIAL CARE CAN HELP YOU WITH:

- Arranging a carers assessment which you are entitled to
- Support you to have a break
- Information and advice
- Planning for emergencies
- Link you to local support

TOP TIPS:

- Recognise yourself as a carer
- Take regular breaks
- Make time for you
- Talk about it
- Let your GP know you are a carer
- Ask for a carers assessment
- Plan ahead in case of emergencies
- You do not have to manage alone

HEALTH HELP:

- Your GP keeps a register of their patients that are carers – make sure you are on the register at your Practice
- Your GP can arrange a health check for you every year and an offer of the annual flu jab
- Get you advice on how best to look after the cared for person

USEFUL NUMBERS FOR HEALTH ISSUES:

- **NHS Direct** 0845 46 47
- **Carers Direct** 0808 802 02 02
- **Leicester Royal Infirmary** 0300 303 1573
- **Leicester General Hospital** 0300 303 1573
- **Glenfield Hospital** 0300 303 1573

