

Carers support



Woking & Sam Beare Hospices can support you as a carer through;

- Helping the person you care for access the right care and support
- Information and advice
- Complementary therapy for you
- Identifying areas where you may like or need support
- Applying for benefits and grants
- Meeting other people who are caring for a loved one
- Planning for the future
- Befriending or counselling

Do you look after someone?

Then you are a carer. A carer is anyone who cares, unpaid, for a friend or family member due to illness, disability, a mental health problem or an addiction and they cannot cope without your support. Anyone of any age or any background can be a carer.

Woking & Sam Beare Hospices recognises and values your role as a carer. We can offer support through a range of services in the hospice and local community.

Carers assessment

This is a chance to look at your individual circumstances and how caring impact your life. We can then work together to look at what support may be of help. To arrange a carers assessment email the social work team **nesea.socialwork@nhs.net** or speak to a member of the hospice staff.

Where else can you get support?

Action for carers Surrey -
0303 0401234
www.actionforcarers.org.uk

Surrey County Council -
0300 2001005
www.surreycc.gov.uk

Carers UK online resources:
<https://carersdigital.org/login/index.php>
Free access code: DGTL3562

