

GP Carer Awareness Team  
Newsletter Summer 2013



### Team News

We are delighted to welcome Lorna Clark to our team.



Lorna brings a wealth of experience with her from previous work in the voluntary sector, working with Surrey Community Action and also as Practice Manager for a busy dental practice. She has her personal experience as a carer to draw upon, caring for her sons, one of whom is Autistic and the other who is in remission from Leukaemia. Outside of work, she volunteers and raises funds for The Teenage Cancer Trust and The Ellen MacArthur Trust.

Lorna will be taking over the SW Surrey area from Karen Snelson. Karen is a Registered Nurse and has decided to return to nursing and we wish her every success in the future.

Ruth Martin (SE Surrey) continues her post as Senior Carer Awareness Advisor



Sarah Priestley continues to cover the NW Surrey area.



### Update on GP Carer Breaks Scheme

The GP Carer Breaks Scheme has been a great success with many carers across Surrey receiving support.

The scheme features in a best practice film for professionals, showing how different agencies can successfully pool resources and work well together.

Action for Carers Surrey, Surrey Independent Living Council (SILC), Surrey County Council and the former NHS Surrey are held up as being a shining example of partnership working in the film, which was made by SCIE ( Social Care Institute for Excellence) and filmed on location in Guildford at Fairlands GP practice and Astolat.

All Surrey surgeries are now using the scheme however SILC, who deal with all the referrals, are currently experiencing a 150% referral flow.

This is extremely positive news for carers across Surrey but sadly neither the current contract nor current resources can match this level of demand.

SILC have written to 56 practices currently, advising them that they will be putting a halt on any further referrals until 1st October 2013. If this applies to you and you have carers that are unable to currently receive the funding please do refer them on to their local Carers Support Team via the yellow Carer Registration Form as there are other opportunities for support . Please refer to the carers care pathway for further details

[www.carerspathway.co.uk](http://www.carerspathway.co.uk)

### Young Carers

There are over 14,000 young carers in Surrey. To refer a young carer for help and support you can use the yellow Carer Registration Form. Simply fax the Registration Form (once you have the parent/guardian's consent) to the Surrey Young Carers Team on : 01483 303958 or post it: Surrey Young Carers, Astolat, Coniers Way Burpham, Guildford GU4 7HL.

*A Young Carer is anyone under the age of 18 whose life is in some way restricted because of the need to take responsibility for the care of a person who is ill, has a disability, is experiencing mental ill health or is affected by substance misuse.*

For more information on the Surrey Young Carers service go to

[www.surrey-youngcarers.org.net](http://www.surrey-youngcarers.org.net)



### *Did you know?*

Did you know that **2.3 million** people in the UK become a carer every year?

Recent statistics show that 10% of the Surrey population are carers, so 10% of your registered patient list could be carers.

Anyone can become a carer;

Carers don't choose to become carers: it just happens and they have to get on with it. As their caring role changes and becomes more and more challenging they struggle in silence, unaware that there are organisations that can help them – we call them the Army of Hidden Carers.

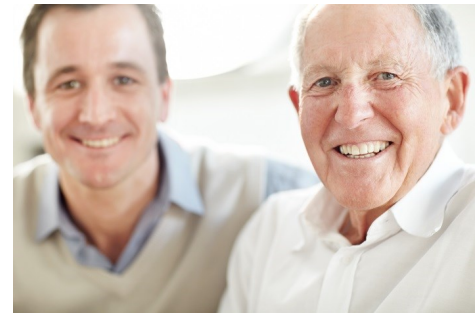
In Surrey 60,000 carers struggle to continue to work and care, many of whom find that as the demands of caring increase they have to give up work.

According to latest figures carers save the UK economy £119 billion.

Over 80% of carers in Surrey say that their caring role has had a negative effect on their physical and mental health.

You can help the carers at your practice by simply using the yellow Carer Registration Forms, coding them as carers and if the carer has given their consent, sending the form on to your local Carers Support Scheme.

Our team can also deliver short training sessions on Carer Awareness for all your staff— simply contact your Carer Awareness Advisor.



### *Crossroads Care*

Crossroads Care Surrey is a charity that provides respite breaks to support unpaid Carers of adults, children and young people with care needs. One to One Home Based Breaks are provided FREE for 3 hours each week. Additional hours can be purchased privately or through direct payments. Highly trained Carer Support Staff take over the caring responsibility to help relieve stress on Carers and their families. In partnership with NHS Surrey, a FREE End of Life Carer Support Service provides individually tailored practical and compassionate support to Carers and people affected by life limiting illnesses at home during their last six months of life. Unlimited support is available 24 hours a day if needed. GPs, Healthcare Professionals and Carers themselves can refer. Please telephone 01372 469942, email

[enquiries@crossroadscare Surrey.org.uk](mailto:enquiries@crossroadscare Surrey.org.uk) or look at our website

[www.crossroadscare Surrey.org.uk](http://www.crossroadscare Surrey.org.uk) for your local office.



### *Carer Registration Forms*

Can we ask that when the consent box has been ticked on the yellow Carer Registration Forms, these are forwarded to your local Carers Support Team on a *weekly basis* to ensure prompt contact with the Carer? Connecting a carer to their Carer Support Team enables the carer to access a wealth of information , advice and support to help them in their caring role. If you are unsure who your local Carers Support Team are please contact your the GP Carer Awareness Advisor for your area.

### *Ruth, Sarah & Lorna*

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