

Contact us



Call Signposts for Carers on
(01803) 666620
9am - 4.30pm, Mon - Fri



Email signposts@nhs.net



Meet your Carer Support Worker
within your GP practice



Drop in to one of our Carers Centres,
details on website below



Visit us online

www.tsdft.uk/carers



www.facebook.com/TorbayCarers

GP CSW details...

This document can be made
available in other formats.
Contact (01803) 208455

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Torbay and South Devon
NHS Foundation Trust

Do you support someone?

Support for unpaid Carers at your doctor's surgery



Working with you, for you

Working with you, for you

Supporting Carers in the GP Surgeries

We know that caring for someone with a disability, illness, mental health, drug or alcohol issue can be a demanding and stressful role. If you care for someone, whether they are a partner, child, relative, friend or neighbour, there is support available for you.

All doctor's surgeries in Torbay have Carer Support Workers as part of the Primary Health Care Team.

What is their job?

To identify carers and offer them help and support.

What can they do for you?

Carer Support Workers understand the physical and emotional pressures of being a carer. They can be a listening ear, and offer you a Carers Health and Wellbeing Check, providing support and helping you with:

- Information about practical support
- Emotional support
- Referring for finance and benefits advice

- Linking to Carers Support Groups
- Having a break
- Linking to other Specialist Carers Support (e.g. Mental Health, Learning Disability, drug/alcohol, young adults).
- Planning ahead

If you would like to speak to or make an appointment to see the Carers Support Worker at your surgery -

- Tell the receptionist that you are a carer and ask them to pass your details to the Carer Support Worker (CSW).
- Contact the CSW direct, as overleaf

The Carers Support Worker will then contact you to arrange a meeting either at home or at the surgery.

- Contact Signpost for Carers for any Carer-related information, as overleaf