

PRIORSLEGH MEDICAL CENTRE

# CARERS PACK

If you are a carer please let us know –  
we may be able to help you

**The definition of a carer is:**

*'A carer is a person of any age, adult or child, who provides unpaid support to a partner, child, relative, or friend who couldn't manage to live independently or whose health or well being would deteriorate without this help. This could be due to frailty, disability or serious health condition, mental ill health or substance misuse'*

Our carer's advocate is Liz Bailey, our Care Co-Ordinator.



Patients have the right to be accompanied at any practice appointment by their carer if they wish.



A young carer is a child or young person living with a parent or sibling with a disability and/or illness such as: Mental ill health, Substance misuse, Physical illness. This can impact on the young carers development, health and well-being.

CYC deliver a range of services to support young carers and deliver services with a well-trained volunteer workforce. CYC also received a Queens Award in 2011 for “producing ground-breaking results in the area of improving health and wellbeing for young carers”.

What they do:

- Young Carers Needs Assessment
- Weekly Health and Wellbeing Groups
- Young Carers Mentoring Programme
- Education Support Programme
- Holidays and Residentials

If you, or a young carer you know needs support, please contact:

**Trinity Church, Whitby Road, Ellesmere Port CH65 0AE**

**Tel: 0151 356 3176**

**Email: [info@youngcarersnetwork.co.uk](mailto:info@youngcarersnetwork.co.uk)**

# CARER'S ALLOWANCE

Carer's Allowance is the main in state benefit for carers, so it's important to find out if you can receive it. It is currently £61.35 a week, with a one-off £10 Christmas bonus in December.

You might be able to get Carer's Allowance if all of the following apply:

- you're 16 or over
- you spend at least 35 hours a week caring for someone
- you have been in England, Scotland or Wales for at least two of the last three years
- you normally live in England, Scotland or Wales, or you live abroad as a member of the armed forces
- you're not in full-time education or studying for more than 21 hours a week
- you earn less than £110 a week (after taxes, care costs while you're at work and 50% of what you pay into your pension)

Unlike other benefits, your savings or National Insurance contributions record won't make a difference to your claim for Carer's Allowance.

In fact, getting Carer's Allowance can help you build up your National Insurance contribution record, which will make getting a State Pension easier in the future.

Carer's Allowance is taxable.



If you provide care and support to an adult friend or family member, you may be eligible for support from Cheshire East Council.

This support could include being offered money to pay for things that make caring easier. Or the local authority might offer practical support, such as arranging for someone to step in when you need a short break. It could also put you in touch with local support groups so you have people to talk to.

The Care Act 2014 makes carer's assessments more widely available to people in caring roles. Local authorities now have a legal duty to assess any carer who requests one or who appears to need support.

If you are a carer and you need some support, get in touch with the council covering the area where the person you care for lives. The council will be able to give you information and advice about how the assessment will work.

A carer's assessment is a discussion between you and a trained person either from the council or another organisation that the council works.

The assessment will consider the impact the care and support you provide is having on your own wellbeing, as well as important aspects of the rest of your life, including the things you want to achieve day-to-day. It must also consider other important issues, such as whether you are able or willing to carry on caring, whether you work or want to work, and whether you want to study or do more socially.

The assessment could be done face-to-face, over the telephone or online. The council will use the assessment to identify your support needs, and to discuss how these could be met. This might mean that the council will give you help or put you in touch with other organisations, such as local charities, that you can talk to.

**0300 123 5010**

(Monday to Thursday 9:00 - 17:00 and Friday 9:00 - 16:30)

**0300 123 5022**

(out of hours including bank holidays)



0800 085 0307

146 London Road  
Northwich  
Cheshire  
CW9 5H

If you are a carer, Cheshire & Warrington Carers Trust may be able to help make things easier for you. We deliver a wide range of local support services to meet the needs of carers in our community.

These range from support services catered to the carer, the needs of the person you care for and the services provided by other organisations.

Carers have different needs and Cheshire & Warrington Carers Trust can assist you in information regarding health issues, entitlements, mobility, grants for holidays, equipment and support. We also offer a wide range of activities, training and events for carers throughout the year across Cheshire.

All services offered by the centre are free of charge.

## **RESPITES AND BREAKS**

Being a carer can be hard work and you might need to take a break sometimes.

Respite can mean different things to different carers, it can mean:

- short term residential care – where the person you care for goes to stay in a care home or other residential setting for a short time,
- getting more paid help at home – this could be via paid workers helping with care or getting more help with tasks around the home,

- getting someone to keep the person you care for company whilst you go out - sitting and befriending services,
- doing something you enjoy,
- you, or the person you care for, taking part in activities outside the home, or
- taking a holiday with or without the person you care for.
- Make sure you ask for a carer's assessment as it looks at the support you need to carry on caring – this could include regular respite and breaks.
- Is the strain of caring taking its toll on how you get on with family and friends?

If you struggle to take a break from caring this can have an impact on your relationship with your partner, and with other family and friends.

**Top tip:** Have a good social support network and make sure that friends and family know how much caring you do. They may be able to offer you help. People don't always know what to do to help so - if you can - be specific about what they can do to support you, whether that's ringing you regularly to give you a chance to chat, meeting up for coffee once a week, sending you a photo or Facebook message or doing practical tasks like gardening or cooking to help ease the pressure. The happier you are with your social support network, the more satisfied you are likely to be with your relationship.

# MEAL DELIVERY SERVICES



**0845 604 1125**

ICare Cuisine delivers hot and frozen meals to you in your own home. We provide a meal delivery service 7 days a week, 365 days a year and our meals meet the exacting National Association of Care Catering guidelines.

**0800 077 3100**



**Wiltshire Farm Foods**

Wiltshire Farm Foods have over 75 outlets throughout mainland UK and our local drivers deliver meals direct to your door. There is no delivery charge, and you can choose the day you'd like your meals delivered when placing your order.

There's no contract and no commitment for you to make regular orders - you just order as and when you like.



## Community Transport

To arrange transport for a journey or to discuss your needs please call us on **01625 878589**, send us an email [info@open-hands.org.uk](mailto:info@open-hands.org.uk), or pay us a visit at Poynton Methodist Church. Open Hands opening hours are from 10:00 am - 12:30 pm on weekdays. An answerphone is available out of hours.

It is usually best to book ahead giving advance notice of at least three days and not more than 10 days.

We operate the transport as a charitable venture and do not take a profit from any charges made. Clients do not have to pay for transport to hospitals in the area of Cheshire East as we are funded for these journeys, but for journeys further afield there is a charge to cover petrol costs. Journeys made for social reasons or for hospital visiting are partially funded by Cheshire East and subject to a small charge towards the petrol expenses based on drivers mileage.

Charges are as follows:

- For an appointment at Macclesfield or Stepping Hill Hospital, Handforth clinic and all clinics connected with Macclesfield these journeys are **completely without charge**.
- To hospitals outside our area there is a charge for mileage and you will receive an invoice at the end of the month following your journey. A typical journey from Poynton to Manchester or Wythenshawe Hospital would cost between £14 - £15.
- For local journeys (i.e. within Poynton) there is a charge of £3 which is payable to the driver at the end of the journey. If the appointment is lengthy and involves the driver making a return journey to pick you up later then the charge is £6.
- If you are visiting someone in a nursing home or hospital you will pay a charge based on the mileage and will receive an invoice at the end of the month following your journey.



Head Office  
New Horizons Centre  
Henderson Street  
Macclesfield  
SK11 6RA

Tel: 01625 612958

Email: [enquiries@ageukcheshireeast.org](mailto:enquiries@ageukcheshireeast.org)

## Information & Advice

We know that growing older doesn't come with a manual. That's why we provide free information and advice to help you on topics as diverse as claiming benefits to care homes.

## Knowledge

There is truth in the adage that it's not what you know, but who you know that matters. All you need to know is that Age UK Cheshire East has all the knowledge you will ever need and we're happy to share it with you.

## Practical Support

If you need help with life's little hassles, then our range of practical support services are designed to meet your needs - so you can get on with enjoying yourself.

## Health and Wellbeing

Be inspired. Get Active. We have a huge range of classes and activities to inspire you to stay healthy and keep you fit for a happy and glorious later life. Please contact our Information and Advice team for a list of activities that are currently running.



Caring will affect us all at some point in our lives. We'll be here for you when that happens. With your help, we can be there for the 6,000 people who start looking after someone each day.



**We give expert advice, information and support.**

Caring can be extremely complicated. The maze of rights and entitlements can be complicated. Filling in paperwork can be complicated. Getting a break can be complicated. Our feelings about caring can certainly be complicated.

We're here to make sure that no matter how complicated your query or your experience, you don't have to care alone.

Our expert telephone advice and support service is here if you want to talk about caring. If you're looking for answers, our online information and support is the best place to start.

**0808 808 7777**