

## Useful Contacts:-

### Social Services Helpline

Office Hours 01243 752999  
01243 642555  
Out of hours 01903 694422

### Carers Support Coastal, Chichester and Rural

0300 028 8888

[www.carerssupport.org.uk](http://www.carerssupport.org.uk)

### West Sussex Connect to Support

[www.westsussexconnecttosupport.org](http://www.westsussexconnecttosupport.org)

### Chichester Community Care Line (alarm system)

01243 778688

### Citizens Advice Bureau West Sussex

08444 771171

### ICIS (Independent Combined Information Service)

[www.icisinfo.org.uk](http://www.icisinfo.org.uk)

### Carers Trust (formerly Crossroads Care)

Head Office 0844 800 4361

### Community Mental Health Team – usually via GP

Older people 01243 791833  
Under 65's 01243 623400

### Health Service Advocacy for Sussex

Healthwatch 0300 012 0122

## Selsey Groups

### Selsey Carers Support Group

Office 01243 603602  
Carer helpline 01243 601039

**Voluntary Hearing Aid Unit** – basic maintenance service – Selsey Medical Centre  
1<sup>st</sup> Thursday of the month

**British Red Cross – Selsey** medical loans  
01243 774858

### Selsey Community Bus Association

01243 605353

### Selsey Venture Club

01243 605115

In addition help may be available through your District Nurse, Health Visitor GP or Social Worker.

A resource file is available at the practice or a copy can be obtained from: -

Carers Support Service – Coastal, Chichester and Rural

Dove Lodge, 49 Beach Road  
Littlehampton BN17 5JG  
0300 028 8888  
or online at

[www.carerssupportservice.org.uk](http://www.carerssupportservice.org.uk)

## Selsey Medical Practice

## Carers Leaflet

**Helping to meet the needs of those meeting needs of others.....**

**Advice and useful contact numbers**

|                     |                     |
|---------------------|---------------------|
| Dr Michael Lacey    | Dr Kingsley Poole   |
| Dr Alison Parrish   | Dr Ivar Claros      |
| Dr Rachel Jameson   | Dr Antonia Gowan    |
| Dr Edward Ford      | Dr Arabella Sargent |
| Dr Caroline Densham |                     |

**Selsey Medical Practice  
Selsey Medical Centre  
High Street  
Selsey  
West Sussex  
PO20 0QG**

**01243 608201**

### **Information for Carers Register**

Please enter my name on your carers register: -

Mr/Mrs/Miss

Address

Telephone number

**I care for:-**

Mr/Mrs/ Miss

Address

Telephone number

who is a patient of this practice. We have no objection to this information being stored on a computer database, held at the Selsey Medical Practice.

Is the patient already known to Social Services?

Yes [ ☐ ]

No [ ☐ ]

Signed:

For Office use: Please add read code Ub1ju - Carer

Carers are people who provide a substantial amount of usually unpaid help to relatives or friends who have physical or mental health problems. They do not always live with that person, but the support that they give and the help that they provide often makes the difference between someone continuing to live relatively independently in their own homes and requiring residential care.

If you provide help on a regular basis to somebody with a physical or mental health problem, whether you are their husband, wife, partner or just a neighbour or friend then you are a carer and we need to know about you so that we can put you in touch with those that are able to offer you with practical help to ensure that the needs of the person you are caring for, and your own needs, if possible, can be met.

You are not alone, indeed 1 in 8 of the population are said to act as carers. Many carers are women, but there are also many men who are performing this role. You might be surprised how much help is available, if only you knew where to look.

The practice maintains a register of carers and if you feel you should be on this register please let us know. We are not able to offer any specific help ourselves, but it is helpful for us to know that you have this additional responsibility to cope with and we are able to signpost you to organisations who can help.

### **Carers Assessment**

You are entitled to request Social Services to make a carers assessment even if the person you are looking after refuses help. It usually takes place when the needs of the person you are caring for is assessed.

It is performed to ensure that the needs of both the cared for and the carer are fully understood and if possible met within the available resources. It is not an assessment to determine whether you are capable of caring for that person.

Personal and contact details of both yourself and the person you care for are needed together with details of the help you are also getting, the help you provide and the factors that limit the help you are able to give.

Help is also required in identifying measures that would improve the quality of the care you are able to give and also the quality of your life.

Help may not be available but if you don't take the opportunity to ask it certainly will not be available.

The needs of the carer are also very important and sometimes a short break away from difficult responsibilities is essential for a situation to be sustainable. This may mean that regular respite care can make all the difference.