Tell us you're a carer

Fill in this slip and hand it to reception at any Guildowns surgery. You can also register online at guildowns.nhs.uk/carers.

Your name _____

Date of birth _____

Phone _____

Email _____

Who do you care for? (e.g. mum, partner, son)

_____

Their name (if a Guildowns patient)

_____

I'd like (tick any):

- ☐ A wellbeing check with the practice nurse and social prescriber
- ☐ Referral to Action for Carers Surrey (Carer's Prescription)
- ☐ Information about a Carer's Assessment
- ☐ My free flu jab
- ☐ I agree the practice can record on my medical record that I am a carer.

Signed _____

Date _____

Who to contact

Guildowns Group Practice

01483 409 309 · Mon–Fri 8am–6.30pm
Online request form or the NHS App

Action for Carers Surrey

0303 040 1234 · Text 07723 486730
info@actionforcarers.org.uk
Includes Surrey Young Carers and Young Adult Carers

Crossroads Care Surrey

Breaks and emergency care plans
01372 869970

Surrey County Council Adult Social Care

Carer's Assessments · 0300 200 1005

Carers UK Helpline

0808 808 7777 · Mon–Fri 9am–6pm

Need help now?

Surrey Mental Health Crisis Line
0800 915 4644 (24/7)

NHS 111 · In an emergency call 999

Looking after someone?

Support for carers of all ages, including young carers.

You matter too.



Tell us you're a carer.
It only takes two minutes.

guildowns.nhs.uk/carers

Are you a carer?

A carer is anyone, of any age, who gives unpaid help to a family member, partner or friend who couldn't manage without them because of illness, disability, mental health, frailty or addiction.

You might:

- help someone wash, dress or move around
- cook, clean or do their shopping
- manage their medicines or appointments
- sort out money, bills and forms
- keep them company, safe or calm

You don't have to live with them, be the only person helping, or do personal care to count.

Many carers never tell anyone. If this sounds like you, let us know so we can look after you too.

How we can help

Once you're on our Carers Register we can offer:

- **A tailored wellbeing check** with our practice nurse and social prescriber, who can link you with local groups, activities and practical help
- **A once-off carer wellbeing break payment,** at your GP's discretion
- **Employment coaching and advice** through the DWP advisory service and WorkWell
- **Flexible appointments** where possible, including phone calls
- **A free flu jab** every autumn
- **The Carer's Prescription:** a referral to Action for Carers Surrey for advice, groups and one-to-one support
- **Help planning ahead** in case you're suddenly unable to care from Surrey County Council
- **Help with a Carer's Assessment** from Surrey County Council

Money matters

Caring 35+ hours a week? You may be entitled to Carer's Allowance. Ask Action for Carers for free advice.

Young carers

If you're under 18 and help look after someone at home, you're a young carer.
You can talk to us on your own, in confidence.

Surrey Young Carers (5-17)
runs clubs, days out and one-to-one help.
Aged 13+? Sign yourself up.

Young Adult Carers (16-25)
helps with college, uni, work and wellbeing.

Call 0303 040 1234

Register as a carer

There are three ways to register:

1. Online at guildowns.nhs.uk/carers
2. In person: fill in the slip in this leaflet and hand it to reception
3. By phone: tell reception or call 01483 409 309

It's free, you don't need proof, and it won't change the care the person you look after receives.