

Burwell Surgery Patient Participation Group

Support for carers

The chances are that most people will become a carer or require care at home at some point in their lives. At the moment roughly 9% of the UK's population (about 5.7m people) are unpaid carers.

Caring is part of being human and at the heart of family life. A carer is anyone, including children and adults, who provides unpaid care to look after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support.

It has been said that becoming a carer is getting a job that you aren't trained for, isn't paid, you didn't apply for and didn't necessarily want and it's a situation people often suddenly find themselves in.

Are you a carer? Without the right help and support, caring can have a devastating impact on physical, emotional and financial health. However, many feel it's just something they need to quietly get on with and still see caring as a private affair. This makes it difficult to identify carers and make sure that they can access the wide range of support available to them.

Burwell Surgery has received the "Carer Friendly Tick Award" which means that:

- It has a named member of the team who champions carers
- Has developed a carers' agreement to help identify and support carers
- Covers issues relating to carers in staff training and staff meetings
- Displays information about support for carers on the screens in the surgery
- Raises awareness during National Carers Week and on Young Carers Action Day and Carers Rights Day.

National Carers Week runs from 9th to 16th June and the theme this year is Putting Carers on the Map. Working closely together, Burwell Surgery and Burwell Carers do just that.

You may already have seen the advert for Burwell Carers on the rolling screen in the Surgery waiting area. Burwell Carers was set up in 1994. The group meets in Trinity Church on the 3rd Thursday of each month to offer support and information and also organizes social events and trips.

Burwell Surgery distributes a really useful information booklet for carers and will also make a referral on to Burwell Carers. The booklet includes information about medical or social service support and about courses where carers can learn useful and relevant skills. Carers may also want an opportunity to get away from their caring situation for a short while, but do not know what activities are available. The carers booklet covers this too. Registered carers also have access to a free quarterly magazine from local charity Caring Together which is full of other useful information.

If any of the above strikes a chord and you would like a carers information booklet or a referral to Burwell Carers, please contact Amy Clark, Patient Services Lead at Burwell Surgery on [01638 741234](tel:01638741234) or admin.burwellsurgery@nhs.net

The next meeting of the Burwell Surgery Patient Participation Group is at 6.30pm on 16th July 2024 at the Burwell Day Centre. If you would be interested in finding out more about the PPG and helping to support Burwell Surgery to give their patients the best service that they can then please contact admin.burwellsurgery@nhs.net.