

Are you a Carer?

Please let a member of the practice team know if you are a Carer. We can offer Carers:

- An annual health check with Caroline, our Health Care Assistant
- Annual Flu jab
- Referral to Social Services for a Carers Assessment if requested



The Stockton-on-Tees Adult Carers' Support Service can offer support and help without judgement.

They will help you to find things that can make your life easier or to think about your own needs too, for more information:

For more information website <https://www.stockton.gov.uk/article/10214/Carers-Hub>

<http://www.facebook.com/Stockton-Adult-Carers-Support-Service>

phone 01642 524494 email carerssupport@stockton.gov.uk

Carers' assessment

Tell us about how your caring role affects your life and get access to support.

Join our carers' register

Tell us that you are providing care and support for someone.

Apply for a carers' emergency card

How to apply for a carers' emergency card and how it works.

Carers' Connect

Join our free Carers' Connect friendship service.

Time Out Support Service

A service that enables you to take time away from your caring responsibilities.

Support for carers

Help and support available for carers.

Information for carers on our directory

Visit the Stockton Information Directory for information on organisations that support carers and upcoming events.

Stockton Adult Carers' Support Service bookings

Join our Stockton Adult Carers' Support Service for activities and sessions for informal carers.