

USEFUL CONTACT NUMBERS

ALZHEIMERS SOCIETY—0116 2510366

ARTHRITIS CARE
HINCKLEY & DISTRICT 01455 634326

CITIZENS ADVICE BUREAU
0870 1202401

CARE AND REPAIR 01530 510031

HINCKLEY CARER SUPPORT SCHEME
01455 614655

COPING WITH CANCER 0116 2230055

DISABLED LIVING CENTRE
0845 3730217

DIABETES UK 01455 822816

EPILEPSY ACTION
01455 610240

MS SOCIETY 01455 442440

PALS 01455 441971

PARKINSONS DISEASE SOCIETY
01455 271501 / 636868

PENSIONS SERVICE 0845 6060265

SAMARITANS 0116 2700007

SOCIAL SERVICES 01455 636964

STROKE CLUB 01455 619376

A **Carers' Forum** is where guest speakers discuss Carers issues. In a Carers Forum, organisations providing Carers have information. Action provides free More details of the ne Carers near to the dat

A **Carers' Support G** Tuesday in the month Meeting Room at Vol and Bosworth. This g and gives Carers a ch other Carers in the a welcome, so if you please just come alon known. There will be subjects.

Carers support gra to meeting specific services, employing s work around the (decorating, cleaning) Please note that if yo any way from Social apply through them. qualify, please contac bilities.

STR

Caring can be stre session with a qualifi one, or in a group manage the stress b the Project if you feel t

s arranged quarterly,
s talk on a variety of
ddition a number of
g support or advice to
tion stands. Voluntary
e light refreshments.
ext Forum are sent to
e.

Group meets every first
n 10am –12pm at The
untary Action Hinckley
group is very informal
hance to meet up with
area. Carers are very
would like to join in
ng and make yourself
speakers on various

nt is available, subject
criteria, for sitting
someone to do physical
home, (gardening,
and for short breaks.
u are receiving help in
l Services you must
f you think you may
ct us to discuss possi-

RESS
essful, sometimes a
ed counsellor, one to
, can assist you to
better. Please contact
that this may help you.



CARERS PROJECT

The **Carers' Project** for the Hinckley and Bosworth area is based at Voluntary Action, 12 Waterloo Road, Hinckley, Leics. LE10 0QJ, and is here to help and support you in your role as a Carer

Please feel free to contact us on: -
01455 231998 or 01455 633002

Support for you can be organised from many sources, some of which are detailed below, if you would like to take up these options or would like to discuss them further please contact us. We have leaflets giving further details and contact numbers. The Project has details of the various organisations supporting carers where the cared-for has specific diagnoses. i.e. Multiple Sclerosis, Stroke, Cancer, etc.

Social Services

Carer's Assessment

To determine what support is needed.

Hinckley Carer Support Scheme

Respite Care

Age Concern -

Benefits, Home Help plus much more

**12 WATERLOO ROAD, HINCKLEY
LEICS. LE10 0QJ**

HINCKLEY CARER SUPPORT SCHEME

The Support Scheme offers relief to people who undertake the ongoing responsibility of caring for a sick or disabled relative or friend. The person cared for may be a child or an adult who has learning or physical disabilities, dementia, terminal illness or just be elderly and frail.

If suitable, the Scheme will, for an hourly charge, provide a Carer Support Worker to undertake the full-time carers role, giving that person the peace of mind to enjoy a break (for social or medical reasons) from the ongoing pressure of caring.

If you would like any information on how the Hinckley Carer Support Scheme can help you or you would like to arrange a home visit to discuss your needs, either write to: -

Hinckley Carer's Support Scheme
Hinckley Health Centre
Hill Street
Hinckley
Leicestershire LE10 1DS
Telephone 01455 614 655

AGE CONCERN

Providing advice, information and support to older people in the area.

Assistance in applying for benefits.

Hinckley & Burbage—01455 619519
Barwell—01455 847134
Earl Shilton—01455 847666
Carehome Advisor—0116 2992274

SOCIAL S CARER'S AS

You are entitled to a (you provide more than week. The assessment account how your caring wellbeing.

Aspects covered b

How your caring role a social life, finance, edu

Whether the person y enough of the right type

What support you are g
The situations you find
What sort of services m

Services that mig

Day, or Home Care,
Respite Care—either
stay in a nursing or res
Direct Payments—the
may prefer to have dire
their own support se
given on the managem

Please contact your
Adult Access D
27 Upper B
Hinckley
Leics. LE

Telephone 01

SERVICES ASSESSMENT

Carer's Assessment if
ten hours of care per
nt will also take into
ng role is affecting your

by the Assessment

affects your health, job,
cation, and family life.

ou are caring for gets
e of support.

getting.
difficult.
might help you.

ht be available: -

in the home or short
idential facility
person you care for
ect payment to arrange
ervice, advice will be
ent of this.

local Social Service
Duty Officer at
ond Street,
kley,
E10 1RH

1455 636964

PALS – Patient Advice & Liaison Service

When you need advice, have concerns or
don't know where to turn..... PALS is here
to help. As a patient, relative or carer, you
may need to turn to someone for on-the-
spot help, advice or support. We can:

Advice and support for patients, their
families and carers;

Provide information on NHS services;

Listen to your concerns, suggestions or
queries.

PALS are based at: _

The Hinckley Health Centre (First Floor)
Hill Street,
Hinckley,
Leics. LE10 1DS

Tel: 01455 441971

CARER'S CHECK-UPS

When you next go to your doctors surgery,
please ask to be registered as a Carer. This
will automatically result in you being offered
a yearly check-up to ensure you are getting
the appropriate medical attention. At the
same time if you fill in a simple form you will
be referred to the Carer's Project to enable
it to provide support when needed.

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