

### In the community

Southampton offers a wide variety of support for carers.

#### Carers in Southampton

Caring is not always a choice and difficulties can go unrecognised with the majority of carers struggling silently, not knowing what help is available to them. Carers in Southampton support adult carers, from 18 years old, from all care groups including Learning Disability, Physical Disability, Sensory Impairment, Mental Health, Substance Misuse, and Older Adult.

Phone 023 8058 2387

Email [enquiries@carersinsouthampton.co.uk](mailto:enquiries@carersinsouthampton.co.uk)

<http://carersinsouthampton.co.uk/>

#### Southampton Young Carers Project:

Young Carers in Southampton is a project for children and young people aged 8-18 years old whose lives are affected by caring for an unwell or disabled family member. A young carer is a child or young person who cares for a person who may have a physical or learning disability, mental ill health, chronic illness or have difficulties with drug/alcohol use.

Through the Young Carers in Southampton project we offer information, advice and support around being a young carer, in addition to fortnightly group sessions and holiday activities that will give you the opportunity to meet and make friends with other young carers who are in a situation similar to yourself. There are plenty of activities to take part in, and you'll be supported to get involved in the group in a way that feels safe and comfortable for you. For more information about Young Carers in Southampton and how you, or a young person you know, can access support, email [teamyoungcarers@nolimitsupport.org.uk](mailto:teamyoungcarers@nolimitsupport.org.uk) or phone 02380 224 224.

#### Southampton City Council – Carers Assessments

If you would like to do a carers assessment please go to [Carer's Assessments \(carersinsouthampton.co.uk\)](http://Carer's Assessments (carersinsouthampton.co.uk))

#### Carers UK

Advice on health, fitness, emotions and relationships while looking after someone else, and how to get help

- Time Off
- Taking Care of Yourself
- Relationships
- Help for you
- Wellbeing Advice
- Wellbeing Tools

<https://www.carersuk.org/>

### NHS Southern Health

Provides :Information, signposting, advice for carers

<https://www.southernhealth.nhs.uk/get-involved/carers-and-families>

### Highfield Health Surgery Staff:

#### Doctors

Dr N J Lowe BM MSc ( Southampton 1993 ) MRCGP

Dr J Varghese (M) (Manipal University 2009) MB BS

Dr L Manalang (F) (University of the Philippines 1983) MD

#### Practice Nurses

Carolyn Ellery RGN

#### Healthcare Assistant

Clare Jeffery NVQ3

#### Midwife

Allocated Midwife from Princess Anne Hospital

#### Management Team

Rebecca Ellery (Practice Manager) BA Hons

#### NAMED GP

You will be allocated a named, accountable GP when you register with the Practice, who will be responsible for your overall care, this will be **Dr Lowe**. If you wish to change your named, accountant GP, please contact us and we will be happy to assist. You may still continue to see the GP of your choice.



## Information for Carers How much do you know?

Highfield Health, University of Southampton  
38 Highfield Road  
Highfield, Southampton SO17 1PJ  
Tel: (023) 80010048  
Email: [SOCCG.HighfieldHealth@nhs.net](mailto:SOCCG.HighfieldHealth@nhs.net)

[www.highfieldhealth.nhs.uk](http://www.highfieldhealth.nhs.uk)

Named GP

Dr N J Lowe

## Who is a Carer ?



A carer is defined as anyone who looks after or helps support, or intends to look after or support, a family member, a friend or a neighbour without a formal wage. Carers can be any age, ethnicity, gender or from any walk of life. They can also be carers for differing amounts of time and for more than one person at a time. You can be a carer even if the person you care for has not had any formal assessment or been awarded any benefits.

The 2001 Census showed that there are 5.2 million people providing informal care in England and Wales, one in ten of the population.

Did you know, Southampton has an estimated 36,000 carers?

In the UK 42% of carers are men and 58% are women

The economic value of the contribution made by carers in the UK is £119bn per year.

### Adult carer

An adult carer is an adult who is caring for another adult such as a spouse, partner, friend or relative.

Three million people in the UK work and are carers ...  
Could you do it?

### Parent carer

An adult caring for an ill or disabled child is a parent carer.

### Young carer

A child or young person (aged from 5-25) who's family is affected by caring for at least one family member over and above general just helping out. This could include

Parent (s)

Grandparent (s)

Sibling (s)

Close relative (s)

## What support can we offer you ?



At Highfield Health we strive to ensure that all our patients are receiving the best care to suit their individual needs.

If you are a carer we want to ensure that visiting the surgery and making appointments is as easy as possible for you as we understand it can be difficult caring for someone and making time in your schedule.

If you make the surgery aware you are a carer by filling out the back of this leaflet and handing it into reception we can offer more flexible appointment times as well as annual health checks .

Highfield Health Surgery staff can then ensure that any services you access outside of the surgery are also aware of your needs. For example the out of hours services you may need to access.



### ON-LINE SERVICES

You can book, view, cancel and amend appointments and order, view or print a list of repeat prescriptions on-line.

You can also view, export or print summary information from your medical records on-line relating to medications, allergies and adverse reactions.

Why not register on our WEBSITE via ON-LINE SERVICES link?

## Are you Carer ?

If you answer yes to this question please fill in the box below and hand this leaflet into reception

Filling in this form allows us to inform the GP you are a carer and enables access to annual health checks and flexible appointments and awareness of your situation.

If you have any questions please feel free to ask a member of staff.

### Please tick the box and complete the details:

I am a carer and would like to be put onto the health centres carers register.

Name .....

Address .....

Post code .....

Telephone .....

I care for .....

Date of birth.....

Whose health problems are .....

Signed.....

Print Name .....

Date .....