

# Carers Support Centre

is a local charity which helps carers of any age. They can help you with benefits and financial advice, give you support in gaining access to services and can link you to information, breaks, training, counselling and emotional support.

**If you live in South Gloucestershire**, or care for someone who lives in South Gloucestershire, you can get an assessment of your needs as a carer through 'Getting Help and Connected'.

**If you live in Bristol** or have a Bristol GP and are not currently getting community care services, you may be able to get a one-off payment to help you continue in your caring role.

This might include • having a short break away • joining a gym or taking up a hobby or course • buying equipment eg tumble dryer or assistive technology • buying a service that makes caring easier eg driving lessons, paying for a sitting service.

**Ask your doctor/surgery to refer you to Carers Support Centre**

**Or call CarersLine: 0117 965 2200**

**[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)**

**If you care,  
we care.**

Carers Support Centre  
Bristol & South Gloucestershire

  
**carerstrust**  
a Network Partner

## Dear GP practice manager/Carer Lead

This person is a carer. Please add their name to your carers register as outlined in your carer protocol. You may also need to give them your practice's medical consent form for the cared for person to sign if appropriate.

**Thank you for your help.**

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