

# Carers Engagement Service



**Do you** look after a family member, friend or even a neighbour?

**Do you** offer support to someone who without your help could not manage to live independently?

**Perhaps** for example you support someone to maintain their own personal care needs, medication prompts, prepare and cook meals or carry out domestic/laundry tasks.

## If so, you are a Carer

The Carers Engagement Service is based weekly within your local GP Surgery, our service is able to offer informal carers **free information and advice** relating to issues experienced around caring. Please feel free to drop in and meet us, we are here to help and support you, staff within your surgery can let you know when we are there next or even take your details and book an appointment for you.

### We can help you by offering:

- Information and advice on Carers services e.g. Respite Care, Welfare Rights, Carers Rights and other relevant support agencies
- Advise on the benefits of having a Carers Assessment completed by your Local Authority
- Information about social activities, training and looking after yourself
- Information about our Carers Small Grant Scheme
- Provide a listening ear - someone to talk to

Contact the Carer Engagement Service by ringing:-

**Blaenau Gwent Social Services IAA Team on**

**01495 315700**

Working in Partnership with:



Blaenau Gwent Social Services



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

ABUHB Neighbourhood Care Networks



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