

For Our Dear Carers

Caring for a loved one is incredibly rewarding, but it can also feel overwhelming and isolating at times. We want to say a huge **thank you** for the fantastic job you do every day.

Please inform the surgery if you are a carer. This will be recorded on your notes and will make you eligible for a flu jab.

Support and Resources Available to You

Durham County Carers Support - Call: 0300 005 1213 or 0300 030 1215

They offer a variety of services to help you manage your caring responsibilities, including:

- **Benefits & Grants**

Access a range of financial benefits and grants specifically available to carers.

- **Carer Wellbeing Fund & Carer Break Fund**

These funds can help cover costs for short breaks, holidays, and courses, giving you some much-needed rest and relaxation.

- **Tech Funding**

Eligible carers may receive funding for helpful technology such as Alexa devices, sensor lights, or door sensors. These tools help you take short breaks with greater confidence and less worry.

- **Jointly App**

Use the free Jointly app with access code **DPCN9174** to create a circle of care for your loved one. This app helps ensure seamless communication and task management within your caring network.

- **Group Events**

Join group events to connect with others who share similar experiences. You're not alone!

We appreciate everything you do, and we're here to support you every step of the way.

Bishop's Close Medical Practice