



**MALLARD MEDICAL PRACTICE**

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**Are You Looking After a Relative, Friend or Neighbour?**

**If so this letter is for you**



Thank you for letting us know you are a carer. We would like to provide you with information about support and assistance.

At the practice we have a Carers Champion called Clare and part of her role is to follow up patients who expressed an interest in knowing more about services available to Carers.

We appreciate your role as a carer may take up a lot of your time, therefore this letter provides you with all the information you need to help you access the North Tyneside Carers Centre.

Here's the number for the North Tyneside Carers Centre 0191 643 2298. Please give them a call – they are there to help. Website <https://www.northtynesidecarers.org.uk/>

There's also a service called First Contact Clinical 0191 432 4829 and we would recommend you ring them too. Website <https://www.livingwellnorthtyneside.co.uk/>

In addition to the above, there's a national support group called Carers UK – Digital Resource for Carers. Website <https://www.carersuk.org/for-professionals/digital-resource>

To access this you will need the access code DPCN9174.

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There are thousands of unpaid carers in North Tyneside. If you are looking after someone who has physical or mental health problems; physical or sensory impairments; learning disabilities; problems with drugs and alcohol or a lifelong illness you are a 'carer', **we, at North Tyneside Carers may be able to offer you some assistance.**

Many carers find that their own health can be affected by caring. Carers often find it difficult to get the information that they need about breaks from caring, benefit entitlements and getting support for themselves or the person they look after.

You can register yourself directly with North Tyneside Carers' Centre but if you would prefer Clare to register you for the services explained in this letter, please do not hesitate to contact Clare on 0191 2660061. Please note: Clare's working days are a Thursday and Friday only.

Yours sincerely

Mallard Medical Centre  
Clare Mustard – Carers Champion

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