



Dear Carer,

You are invited to a free Health & Wellbeing Check

We know you work hard looking after someone, so we'd like to offer you a dedicated hour for a personal and confidential check-up to help you with the challenges of caring and give you a chance to discuss any concerns you have.

To book your appointment, please fill out and return the reply slip below. We will then contact you to arrange your check. Even if you do not wish to attend, we are still interested in hearing from you to help us evaluate the project.

Alternatively you can phone us on: 01364 642 534

Carers' Information Bank

In conjunction with the Health & Wellbeing Checks, Ashburton, Bovey Tracey, Buckfastleigh and Chudleigh Medical Centres are building up an information bank on services and support available for Carers. This will improve our practices and systems to ensure that Carers receive the recognition and support they deserve.

If you have details of any carer support groups or services that would be useful for the information bank, we would love to hear from you, so please contact your surgery.

Useful Numbers

Devon Carers Link: 0845 6431 341

Care Direct: 0845 1551 007

Carers UK: 0808 801 0878

Benefits for people with disabilities: 0800 882200

NHS Direct: 0845 4647

Samaritans: 08457909090

Help the Aged: 0808 8006565

Citizen's Advice Bureau: 01626 895460

Community alarms service (24hr): 01803 522228

Who is a Carer?

A Carer is someone who, without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help.

Carers' Health & Wellbeing Check reply slip (please return in the envelope provided)

Name: _____ Address: _____

Phone number: _____

Would you like to receive a Health & Wellbeing Check? (please circle) Yes No

If 'No', please tell us why: Not relevant to me in my caring role Difficult to arrange time to attend
No outstanding health problems Other (please specify)

Would you like information on support available to carers? Yes No

Have you ever smoked? Yes No Are you an ex-smoker? Yes No
Are you a current smoker? Yes No Ethnic Origin: White British Other