This letter was written by Sharon Kinninmonth, Wideopen Medical Centre

Sharon has given permission for it to be shared with the Carers Champions

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

**If so this letter is for you**



**<Today's date>**

**Private and Confidential**

<Recipient Name>

<Recipient Address>

Dear <Patient Name>

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 Gillian and part of her role is to follow up patients who expressed an interest in knowing more about services available to Carers.

Gillian tried to contact you recently, but you were unavailable. 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 digital resource, you will need the access code DPCN9174.

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’, and **North Tyneside Carers Centre 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.

If you would prefer Gillian to register you for the services explained in this letter, please do not hesitate to contact Gillian on 0191 2362115.

Yours sincerely