

Useful information for carers

NHS Carers Direct
Helpline 08088 020202

Carers UK 08088 087777
www.carersuk.org

The Carers Trust info@carers.org

Dudley Carers
Network 01384 818723
www.dudley.gov.uk/carers

Crossroads Care
Dudley 01384 298513
dudley@crossroads.org.uk

Age UK Dudley:
information and advice
service 01384 267006

CAB Care and Disability
Advice Line 08080 486486
CADAL@dudleycabx.org

Dudley Carers Forum 01384 267427
commcare@dudleycvs.org.uk

Looking after me
programme: A free
course for adults who
care for people living
with a long term health
condition or disability 01384 321808
www.dudley.nhs.uk/epp

Support for Carers

Information and
support service for
staff and carers



Are you a Dudley Carer?

Do you live in the borough of Dudley or have a Dudley GP and provide unpaid support to a family member or friend who couldn't manage without this help?

If so, then you are a Dudley Carer.

There are many unpaid carers in Dudley who do not realise that there is information and support available to them. A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. The carer maybe caring for a relative or a friend who is ill, frail, disabled or who has mental health or substance misuse problems.

Carer support in hospital

If you need advice or support in relation to the carer support that you provide i.e. benefits, health or what happens when the person that you care for is discharged from hospital. Or if you want to talk to someone about any aspect of caring, you can get information and support from the Carer Coordinator at The Dudley Group.

The Dudley Group NHS Foundation Trust includes: Russells Hall Hospital, Corbett and Guest Outpatient Centres, and many of the healthcare services for adults in the community, for example district nursing and leg ulcer clinics.

The role of the Carer Coordinator?

The role of the Carer Coordinator at The Dudley Group is to:

- To identify relatives/friends who provide care or support to patients
- To assist relatives/friends in recognising their caring role and identify appropriate support that is available to them
- To promote the rights and needs of carers to staff
- To provide information and support to carers and staff to enable carers to access services in regard to health, social care, benefits, admission and discharge process as well as information/support available to carers in the Dudley area
- To contact identified carers following discharge to establish any further support needs they may have
- To promote the Carer Aware Course provided by Dudley MBC: www.dudley.gov.uk/careraaware
- To promote 'Looking After Me' programme for carers, which is part of Dudley Public Health's Expert Patient Programme

Contacting the Carer Coordinator

You can refer yourself to the Carer Coordinator or ask a member of staff to make contact on your behalf.

Telephone: 01384 456111 ext 1568
Email: Sharon.Mcglynn@dgh.nhs.uk