

Carers Identification and Registration Form

Do you look after someone who has a long term health condition or illness, a disability or a mental health issue?

You can be offered information, support and access to services through the Carers Hub Plymouth

This Form will enable you to be registered with The Carers Hub Plymouth as a carer and gives us permission to keep your information on file and send relevant information to you in regard to services available to you, including a regular newsletter.

Carers Information	
Name of GP surgery	
Title	
Full Name	
Address including postcode	
Telephone number	
Date of Birth	
Email Address	

Information about the person who is being cared for	
Title	
Full Name	
Address including postcode	
Telephone number	
Date of Birth	

Carers Signature:..... **Date:**.....

Action for Referrer: Please post or scan and email the completed, signed copy to: Carers Hub Plymouth, Guild House, 156 Mannamead Road, Plymouth, Devon, PL3 5QL

Telephone: 01752 201890

Email: chp@plymouthguild.org.uk



Plymouth Guild

Helping people since 1907

When Carers register with the [Carers Hub Plymouth](#) they will benefit from the following:

Access to Carers Support Co-ordinators

The Carers Hub team can assist carers with any queries or questions linked to their caring role and undertake a statutory carer's assessment which will consider the impact the care and support they provide is having on their own wellbeing and important aspects of the rest of their life.

A Carers Card

The carer's card is free and available for Carers, aged 18 or over, who provide care for a Plymouth resident, of any age. It offers identification as a carer and discounts on a range of activities/goods across the city.

The Carers Hub newsletter

Carers News aims to keep carers up to date on local and national carer's information, events and activities, training opportunities and is a way for carers to share their stories and top tips with anyone who is caring.

Drop-in Support Groups

Caring can be very isolating and our Carers Drop-In/ Support Groups offer Carers some time out to talk to other people, share their experiences and support one another in an informal environment. There is a Carers Support Worker present at every meeting as there may be times when they want to talk to someone who understands the pressures of being a Carer or they may want practical advice or support to help them cope.

Monthly Activities

The Carers Hub provides a variety of monthly activities and events for carers. These are low cost or free and are very popular. We also run a Ukulele workshop where carers can de-stress and build their confidence whilst learning the basics of Ukulele playing and having fun with like minded people.

Training Workshops

We provide a training/workshop programme of practical skills for carers including, Mindfulness, stress management and dementia insight.

Carers Personal Budgets

A carers personal budget is a way that carers may be able to be supported to have a break from caring and improve their health and wellbeing; it is awarded specifically for the purpose of enabling them to 'switch off' from their caring responsibilities by taking time for themselves away from their caring role

Carers Hub, Guild House, 156 Mannamead Road, Plymouth, PL3 5QL

Phone: 01752 201890 E-mail: chp@plymouthguild.org.uk

Website: www.plymouthguild.org.uk/carers-hub/

Facebook: www.facebook.com/carers.hubplymouth

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