



The GP Carers Breaks Service

The maximum payment per referral is now £300.

This amendment is being made in order to continue to facilitate a break for as many carers as possible within the new funding envelope available to Surrey County Council.

Please note that individual surgery allocations will remain the same.

An updated version of the **Carers Prescription Guidelines** is available from our website

<http://www.actionforcarers.org.uk/professionals/general-practitioners/>

Healthy Caring Guide

NHS England, in partnership with Carers UK, Carers Trust Age UK, Public Health England, and older carers themselves, has published a Practical Guide to Healthy Caring.

The Guide provides information and advice to carers about staying healthy whilst caring and identifies the support available to help carers maintain their health and wellbeing.

The guide covers a range of topics that provides hints and tips on how carers can look after their own health as well as support the person they care for.

The guide aims to support to support the 5.4 million carers and in particular those 1.2 million aged over 65, who make a critical and often underappreciated contribution not only to loved ones, neighbours and friends but to the very sustainability of the NHS itself.

GPs can order free by calling 0300 123 1002 quoting ref. HC2, or at www.orderline.dh.gov.uk.

To view the publication use this link:

<https://www.england.nhs.uk/wp-content/uploads/2016/04/nhs-practcl-guid-caring.pdf>

Surrey has launched Carers Flu Vaccination Vouchers

The patient who cares needs a flu vaccination but many carers are not aware how important it is that they have a flu jab or that they can have one free of charge. Surrey is encouraging all carers to get vaccinated and has introduced new **Carers Flu Vaccination Vouchers**. The voucher is available from frontline Carers Support & Crossroads Care, and will be added to the generic Carers Prescription for health staff to make an electronic referral. It will enable carers to obtain their flu vaccination at the most convenient location for them: either at their surgery or at certain community pharmacists that are signed up to the flu vaccination programme.

[NEW contact details for Surrey Multi Agency Safeguarding Hub:](#)

Telephone: 0300 470 9100

Email: mash@surreycc.gov.uk Secure email: mash@surreycc.gcsx.gov.uk

Surrey Carers Memorandum of Understanding

The Memorandum of Understanding (MoU) has been designed to help Health and Social Care partners within Surrey and local Carers organisations to work together in identifying, assessing and supporting the wellbeing of carers and their families.

The document has been developed from a national template published by NHS England and others.

The purpose of the MoU is explained by this short film produced for NHS England:

"Carers - an integrated approach": <http://youtu.be/NwxF-WGv6rl>

The MoU has been agreed in principle by all Surrey CCGs and adopted by the Surrey Civilian Military Partnership Board. On the 3rd November it will be presented to the Surrey Health & Wellbeing Board for formal ratification.

*Surrey should be a place where carers are recognised, valued and supported,
both in their caring role and as an individual.*

GP Carers Well Being Tool

While carers provide a valuable service to society, and looking after family members or friends brings great rewards, there is growing evidence about the increased psychological distress, strain and overall health deterioration endured by carers.

Carers UK Survey 2015 reported that 76% of carers are concerned about the impact of caring on their health over the next year.

Although there are a number of clinical assessment tools already available to help measure carers' health and carers burden/strain e.g. the Hospital Anxiety and Depression Scale (HADS) - there are none that take into account the broader spectrum of the caring role/circumstances.

The GP Carers Well-being Tool aims to help health staff evaluate the impact that caring has on the carer's health. This tool is helpful in determining level of stress on carers and can be used to prioritise need and support plans for the carer. It has been designed to help to support and inform clinical decisions around the role of the carer.

Each carer's circumstances will be unique to them and therefore the impact on their health will differ. They will frequently be unaware of the accumulative impact that caring can have. This process may in fact be the first time a health professional has asked them about their caring role and is therefore an opportunity to raise awareness of the importance of the carer looking after their own health. The GP Carers Wellbeing Tool is available from:

<http://www.actionforcarers.org.uk/professionals/general-practitioners/forms-information-and-other-downloads-gps/>

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