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

Xxxxx 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 North Tyneside Carers’ Centre: 0191 2496480. Please give them a call – they are there to help. Their website is: <https://www.northtynesidecarers.org.uk/> and you can also find them on Facebook and Instagram.

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 the surgery to register you for the services explained in this letter, please do not hesitate to contact us.

Yours sincerely,