**Carers Newsletter**

April 2023

Spring Issue

How do I know if I’m a carer?



The surgery wants to identify as many of its patients, who are carers, so we can ensure we are supporting them as best as we can. If you care for somebody please let us know so we can add you to our carers register.

**A Carer is someone who, without payment, provides help and support to a relative, friend or neighbour, who could not manage without their help due to physical or mental illness, addiction or disability.**



Did you know you are entitled to a flu jab?

As a carer did you know you are entitled to a flu jab?

Book in at reception or call us on 01795 877714 from September 2023

**Training Courses**

Carers support East Kent offer free training courses across Canterbury, Dover and Thanet. Examples of courses available are ‘caring with confidence’ and ‘first aid and manual handling for carers’. There is also specific training for **caring for someone with Dementia,** and **caring for someone with a mental illness. You can contact them on** Call 01304 364 637 or email support@carersek.org.uk. Their website is carerek.org.uk

For more information and advice for carers contact :

Carers Support East Kent: on 01304 364 637support@carersek.org.uk

Kent Young Carers: 0300 111 1110 Email info@kentyoungcarers.org.uk

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