

## Some useful contact numbers and organisations

### **Tunbridge Wells Hospital:**

☎ 01892 832535

🌐 [www.mtw.nhs.uk](http://www.mtw.nhs.uk)

### **Maidstone Hospital:**

☎ 01622 729000

### **Hospital Transport:**

☎ 0800 096 0211

If you need help getting to the local hospitals for your healthcare appointment you may be eligible to use the NSL patient transport service. Call for information.

### **NHS (formerly NHS Choices):** 🌐 [www.nhs.uk](http://www.nhs.uk)

Information, advice and contact details for many organisations which may be useful to carers. Visit the website and find out what social care services are available.

### **Benefits:**

🌐 [www.gov.uk/browse/benefits/disability](http://www.gov.uk/browse/benefits/disability)

For information on Carer's Allowance, Carer's Credit, Attendance Allowance and other help or benefits to which you may be entitled visit the [gov.uk](http://gov.uk) website.

### **Paddock Wood Community Advice Centre:**

A comprehensive advice service for those who live and work in Paddock Wood and surrounding areas

☎ 01892 838619

🌐 [www.pwadvice.org](http://www.pwadvice.org)

### **Tunbridge Wells & District Citizens Advice Bureau:**

☎ 01892 600161

🌐 [www.twcab.org.uk](http://www.twcab.org.uk)

### **Age UK Tunbridge Wells:**

☎ 01892 522591

🌐 [www.ageuk.org.uk/tunbridgewells](http://www.ageuk.org.uk/tunbridgewells)

Offer a range of services for older people including day care services, advocacy, home bathing, and an independent living support service.

### **British Red Cross:**

☎ 0844 871 8000

🌐 [www.redcross.org.uk](http://www.redcross.org.uk)

Information on health and social care. Short term loan of mobility aids available from 38 John Street, Tunbridge Wells.

### **Carers Direct:**

☎ 0300 123 1053

🌐 [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

Confidential information and advice for carers. Lines are open 9am to 8pm Monday to Friday (except bank holidays), 11am to 4pm at weekends.

### **Carers Trust:**

🌐 [www.carers.org](http://www.carers.org)

Information, advice and support for carers.

### **Young Carers Trust:**

🌐 [www.youngcarers.net](http://www.youngcarers.net)

Website and online support service for carers under 18.

### **Kent Young Carers:**

☎ 0300 111 1110

🌐 [www.kentyoungcarers.org.uk](http://www.kentyoungcarers.org.uk)

Part of Voluntary Action Within Kent offering social groups and support for young carers.

### **Heath Pharmacy Horsmonden:**

☎ 01892 722217

### **Paddock Wood Pharmacy:**

☎ 01892 833203

**Late night and Sunday pharmacies** are available at Sainsbury's Tunbridge Wells or Boots Tunbridge Wells. For more information: 🌐 [www.mtw.nhs.uk/your-visit/choose-well](http://www.mtw.nhs.uk/your-visit/choose-well)

# Are you an unpaid carer?

**One in five households in the UK contains an unpaid carer – an older person caring for a partner or relative or a child caring for a disabled parent. Being a carer can have an impact on your own life, and it is important that you let your GP know.**



**Brenchley & Horsmonden GPs may be able to offer support and information to you if you are an unpaid carer, as well as offer you regular health checks and free flu jabs. Find out how we can help.**

## **Brenchley & Horsmonden GPs**

**Brenchley Surgery: 01892 722007**

**Horsmonden Surgery: 01892 723988**

**[www.brenchleyandhorsmondengps.nhs.uk](http://www.brenchleyandhorsmondengps.nhs.uk)**

If you urgently need medical help or advice when the surgery is closed but it's not a life-threatening situation, call **111** free from any phone to speak to an NHS adviser. The 24-hour NHS 111 service can give you healthcare advice or direct you to the local service that can help you best.

**If a medical condition is severe or life threatening it is imperative that the 999 service is contacted first.**

## How can we help at the surgery?

**Evening and weekend appointments for carers.** It may be more convenient for you to attend an evening or weekend appointment to see the doctor – or to bring the person you care for to a later appointment. Extended hours appointments are available on Monday until 7.15pm at Horsmonden Surgery and on Wednesday until 7.00pm at Brenchley Surgery. Weekend appointments can be booked with a duty doctor at a hub. The doctors will be able, with your consent, to access your record. Contact Reception to make an appointment. They are not available to book online.

**Online medication ordering and appointments.** Use our online facility to order repeat medication online or to book appointments with the Doctor. Ask at Reception for details and to register for this service—you can do this for yourself and the person you care for.

**Health Checks.** Carers are often at much higher risk of becoming ill themselves which may affect their ability to look after someone. Make an appointment to see the Doctor to discuss the care you provide and help yourself to stay healthy.

**Flu jabs.** Annual flu jabs are available free to carers in the autumn. Ask at Reception.

**Sources of help.** If you are unsure about caring for someone or need assistance in finding out about services in the area please ask.

### **If you are a carer please let us know.**

Tell our receptionist and we will make a note in your record so that we can offer you all the assistance you may need, now or in the future.

If there is any other information you need please ask and we will do our best to help.

## Where can you find help in the local area?

### **Ready Call.**

These local voluntary organisations can provide transport, care for housebound relatives, advise about support agencies, help with shopping or arranging special equipment.

#### **Brenchley All Saints:**

Transport: ☎ 01892 722789

#### **Horsmonden:**

☎ 01892 723850

**Kent County Council.** For information on Adult Social Services, Children's Social Services, the Blue Badge scheme, information on caring for other people and much more contact KCC:

Blue badges: ☎ 03000 416262

Adult social services: ☎ 03000 416161

🌐 [www.kent.gov.uk](http://www.kent.gov.uk)

**Gateway Tunbridge Wells.** All Council services can be accessed through Tunbridge Wells Gateway, 8 Grosvenor Road, Tunbridge Wells, Kent TN1 2AB

☎ 01892 526121

🌐 [www.tunbridgewells.gov.uk](http://www.tunbridgewells.gov.uk)

**Community (District) Nurses.** Contact the surgery for details.

**Carers First.** A Kent & Medway based charity supporting adult and young carers in Kent. They provide emotional and practical support advice, information, guidance and access to statutory carers assessments, training, events, social groups, short breaks, activities, trips and more.

☎ 0300 303 1555

🌐 <http://www.carersfirst.org.uk>