

## I am a Carer

### Registering with us directly.

Complete this section and **sign at the bottom.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**Return this form to: Richmond Carers Centre,  
5 Briar Road, Twickenham TW2 6RB**

### Registering with us through your GP.

Complete this section, **sign at the bottom**  
and hand this form into reception at your  
GP surgery.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

I agree that this information can be added to my confidential  
medical records at my GP surgery (READ Code 918a)

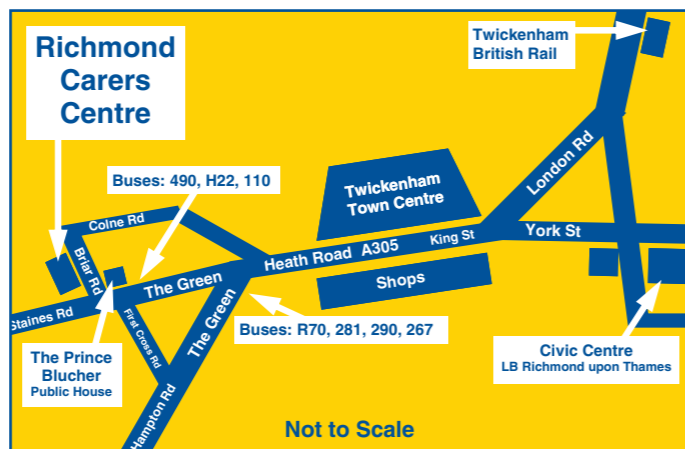
Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name of the person I care for: \_\_\_\_\_

The relationship to you: \_\_\_\_\_

## How to find us



## To get in touch call us on

# 020 8867 2380

Richmond Carers Centre  
5 Briar Road  
Twickenham TW2 6RB  
[info@richmondcarers.org](mailto:info@richmondcarers.org)  
[www.carers.org/richmond](http://www.carers.org/richmond)

**If you require information about  
caring in a community language,  
or in other formats, please call us  
and we will do our best to help.**

Registered Charity No. 1092459  
Company Number 4412793

## Getting help from your GP

### Some GP surgeries:

- **Offer flexible appointments to carers that take into account your special needs.** If your GP does not offer this service ask why. If an appointment is to include a discussion about the person you care for, let the receptionist know that their notes will need to be available or a double appointment booked.
- **Operate a carers register. This is a list of all patients at the surgery who have caring roles.** Ask at the surgery if they have an active carers register. If they do, ask to be added to the list. It will make your GP and the surgery staff more aware of your caring responsibilities. If you have any problems with getting added to the carers register, we are happy to help with this matter.
- **Offer other services** for example, counselling, physiotherapy, annual health checks, home visits, stop smoking programmes and weight loss programmes.

**Why not ask the reception staff for specific services offered by your GP surgery.**

## Young Carers in Education

Young carers may not only be supporting a family member(s) with long term health conditions or learning disabilities, but also coping with all the demands of school or college.

The Richmond Carers Centre has a dedicated Young Carers School Liaison Worker who:

- Is a point of contact for schools and colleges regarding young carers
- Is working with schools and college staff to raise awareness of the needs of young carers in education
- Liaises with school or college on behalf of individual young carers and their families
- Is helping schools and colleges identify pupils/students who may be young carers and in order to better support them.

**For more information about how the Young Carers Schools Liaison Worker may be able to help you or a young carer you know, please phone 020 8867 2384.**

## Richmond Carers Centre



## Who is a carer?

*“A **carer** is someone of **any age**, who, without payment, **provides help and support** to a partner, child, relative, friend or neighbour, who **could not manage without their help**. This could be due to age, physical or mental illness, addiction or disability.”*

**5 Briar Road  
Twickenham TW2 6RB**

# 020 8867 2380

[info@richmondcarers.org](mailto:info@richmondcarers.org)  
[www.carers.org/richmond](http://www.carers.org/richmond)

**Richmond Carers Centre is  
committed to equality of opportunity**

# How we can help carers

Richmond Carers Centre is a charitable organisation that provides services to carers, and is part of the Princess Royal Trust for Carers National Network. We offer free and confidential advice, information and support to any carer living in the London Borough of Richmond upon Thames. We also try to help carers who live in other parts of the country, or even abroad, who support someone who lives within our Borough.



## Services we offer:

- **Carers' Support Line - 020 8867 2380**  
Monday to Thursday 10am to 2pm  
24 hr answerphone service available outside these hours
- **Carers' Drop-In Service**  
Wednesday between 9.30am to 12noon  
Outside of these times, please call the Carers' Support Line to book an appointment.
- **Well Being Service**  
Art Workshops / Therapy  
Complementary Therapies  
Counselling Service
- **Morning/Evening Social Groups**
- **Events Programme**
- **Support Groups**
- **One to One Carer Support**
- **Carers' Information Workshops**
- **Free Quarterly Newsletter**
- **Grants and Funding**

## People with Learning Disabilities (PLD) Carers' Support

Carers who are caring for people with learning disabilities are faced with very specific challenges. We offer specific advice and support to individuals and families and also represent carers views at a strategic level within the Borough.

For further information please contact our PLD Carers Support Worker on 020 8867 2380.

## Black and Minority Ethnic (BME) Carers' Support

The BME Carers' Support Service helps carers from minority communities to access activities and services, provided by both the Richmond Carers Centre and other organisations, in culturally appropriate ways. This role can also help specifically with respite breaks, emotional support and interpretation / language services.

Please contact the BME Support Worker on 020 8867 2382.

## Young Carers Support

It is recognised that young people (under 18) often support members of their family who are sick, disabled, old or frail, in many ways, from helping around the home to providing emotional support. This may mean they miss out on the usual activities of childhood or suffer additional stress not usually experienced in the early years of life.

To help, we can offer support to young carers to access events and activities such as, after school clubs, extra tuition, group trips and music lessons. We also have regular school holiday activities.

Please contact Young Carers' Support Worker on 020 8867 2383.

## How You Can Support Us Donating Money

To make a donation to our organisation please make cheques payable to "Richmond Carers Centre". (Please do not send money by post.) If you are a UK tax payer, then we would ask that you complete the Gift Aid Declaration below.

### GIFT AID DECLARATION

I am a UK taxpayer and wish that all donations I make to Richmond Carers Centre from the date of this declaration be treated as Gift Aid donations, until I notify you otherwise.

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

NB. You must pay at least as much Income Tax and/or Capital Gains Tax for a tax year as the amount of tax that we reclaim for that year. RCC can currently claim 25p of tax on every pound you donate. For Gift Aid donations made from 6 April 2008 until 5 April 2011, the Government will pay an additional 3p on every pound you give.

If you are a higher rate taxpayer you can claim further tax relief through your self assessment tax return.

## Donating Your Time

Please tick this box  if you would like information on how to become a volunteer with us. Please complete the name and address section on this form overleaf, return it to us and we will send you further details.

Please return this form to: FREEPOST RRRKZ-TTCE-RYES  
Richmond Carers Centre 5 Briar Road, Twickenham TW2 6RB

