

What areas would you find beneficial?

- Stress Management
- Relevant support networks such as; carers groups or community & voluntary groups
- Benefits advice
- First aid training
- Nutritional advice
- Developing my mental wellbeing
- Developing my physical wellbeing
- Relaxation techniques

Carers Consent

I currently provide regular and substantial care or support to a relative/friend. I am happy for my details to be held on the contact list for carers.

Signature: _____

If you are deaf and a sign language user please let us know your preferred communication style (circle) BSL / ISL

Return completed forms to:

Carers Co-Ordinator, Carer Hub,
Equality Unit, Route Complex,
8E Coleraine Road, Ballymoney, BT53 6BP
Tel: 028 2766 1210
Email: carers.coordinator@northerntrust.hscni.net



Our Vision

To deliver excellent integrated services in partnership with our community

Carer Connect Card

Information about Carer Support in Northern Trust

If you would like to give feedback on any of our services please contact:

Email: user.feedback@northerntrust.hscni.net

Telephone: 028 9442 4655



Northern Health and Social Care Trust



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Working together



Excellence



Openness & Honesty



Compassion



Committed to carer support

Who is a Carer?

A carer is someone who provides regular and substantial care, help or support for a relative or friend, on an informal basis. The person might be a parent caring for a child with a disability, a husband or wife or a young person (under 18) caring for or supporting another family member.

How we keep you informed

As part of the Northern Trust's commitment to support carers we have a database of carers living in the Trust area. We call this database the Carers Register. The Carers Register is simply a contact list and your details are only added when you complete this carer connect card. The list is completely confidential. All your information is protected by Data Protection and your details are not shared or passed to any other organisation.

We use the contact list to keep you up to date with information which will help you in your caring role and for any further engagement.

Maintaining a contact list of carers will help the Trust to:

- Keep in touch with you
- Consult carers on future services across health and social care

Carer Support

When you complete the carer connect card (opposite) you will receive a welcome pack. The welcome pack will include:

- Current Carer Support Programme
- Carers Newsletter
- Information from the Recovery College on classes to promote your wellbeing
- Carers website information
- Jointly 'app' information

Carer Connect Card

Complete the carer connect card and return it to this address on the back of this leaflet.

Your name: _____

Your address: _____

Postcode: _____

Your telephone/mobile number: _____

Your email address: _____

Your date of birth: _____

What is the condition of the person you care for?

What is your relationship to this person?
Example: my mother/my child

What is the age of the person you care for (circle): Under 18 19-65 over 65



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