Are you looking after someone?

Could they manage without you?

**Carers provide support to people who need help with day-to-day living who may be suffering from illness, frailty, disability, mental health or substance misuse issues.**

Help is available for you.

**At The Grey Road Surgery we are committed to supporting our patients who are carers. Speak to a member of our team to identify yourself as a carer and to find out more about the support available to you.**



PRACTICE CHAMPION

**We have introduced a Practice Champion who is the focal point for all carer matters. Should you have any questions or if you would like to have a confidential discussion, please ask to speak to:**

**Julie McGarry**

**Alternatively, ask for a Carers Identification Form at reception.**

We are here to support you in supporting others.