

# Are YOU a Carer?



**A carer is anyone who cares, unpaid, for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.**



**If you are a carer, it's important to look after your own health.**

## TELL YOUR GP



You have the right to be registered as a carer on your patient notes.

- You will be contacted regarding any public health campaigns.
- You can discuss the needs of the person you care for if you are patients of the same practice.

## FREE FLU AND COVID VACCINATIONS



You are entitled to free flu and COVID-19 vaccinations this winter.

**Where to book your free vaccinations in Bromley**



**[selondonics.org/  
bromley-walk-in-clinics](https://selondonics.org/bromley-walk-in-clinics)**

# Support for Carers

## **BROMLEY WELL**

Bromley Well provides a free support service for unpaid carers in Bromley borough.

As well as helpful information, support and guidance, it can be useful to register if you are trying to access certain grants or other local services.

**Don't forget to register as a carer with your GP too!**

To register with Bromley Well, call freephone  
**0808 278 7898**  
Or complete an online form  
and select **Adult Carers service**



[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)

## **CARER'S ASSESSMENT**

If you are over the age of 18 you are entitled to a Carer's Assessment. The assessment will look at how caring affects your life, including for example, physical, mental and emotional needs, and whether you are able or willing to carry on caring.

For more information about being an unpaid carer visit Carers Trust at [carers.org](http://carers.org)

Contact Adult Social Care at  
Bromley Council  
**020 8461 7777**  
Or complete an online form  
(quickest method)



[www.bromley.gov.uk/CarersAssessmentForm](http://www.bromley.gov.uk/CarersAssessmentForm)