

## **Support for our patients: Are you a carer?**

### **Devon Carers**

Caring for someone in Teignbridge and the wider Devon area? Devon Carers helps unpaid carers to maintain their own health, wellbeing and independence to care safely and effectively. Devon Carers provide carers with the information and advice they need in their caring role, as well as running support groups for carers, a hospital service and one-to-one support. Details of their helpline and how to register can be found at [devoncarers.org.uk](http://devoncarers.org.uk) or call **0345 643 4435**.

### **Devon Young Carers**

Are you 18 years old and providing a caring role to someone? If you live in Teignbridge and the wider Devon area, contact Devon Young Carers at [devoncarers.org.uk/am-i-a-carer/young-carers/](http://devoncarers.org.uk/am-i-a-carer/young-carers/) or call **03456 434 435** to access support.

### **Torbay Carers**

Caring for someone in Torbay? If you care for someone who lives in the Torbay Council area, you can access the support of Torbay Carers even if you live outside the area. Torbay Carers helps unpaid carers to maintain their own health, wellbeing and independence to care safely and effectively. For more information, [www.torbayandsouthdevon.nhs.uk/services/carers-service](http://www.torbayandsouthdevon.nhs.uk/services/carers-service) or call **01803 666620** to access support.

### **Torbay Young Carers**

Are you 18 years old and providing a caring role to someone? If you live in Torbay area, visit their website [www.torbay.gov.uk/children-and-families/services-and-support/young-carers-service](http://www.torbay.gov.uk/children-and-families/services-and-support/young-carers-service) or call **01803 208100** to access support.

### **Carents Room**

This website offers an extensive range of information and resources for carers caring for their parents. For more information, visit [carents.co.uk](http://carents.co.uk).

### **Kingscare Carer Support**

Kingscare, a local community support charity based in Newton Abbot, offers a range of support for informal carers, including a regular carer support group. For more information, visit [kingscare.co.uk/support-services/carers-support](http://kingscare.co.uk/support-services/carers-support) or call **01626 817335**.

### **Carers Aid Torbay**

Carers Aid Torbay is a local Community Interest Company (CIC) providing a range of practical and emotional support to carers, and includes advocacy services, 1-2-1 support, benefit checks, linking to services and much more. Carers who live in Devon are able to benefit from this service if the person they care for lives in the Torbay area. Visit [www.carersaidtorbay.co.uk](http://www.carersaidtorbay.co.uk) or call **01803 323510** for more information.

