

---

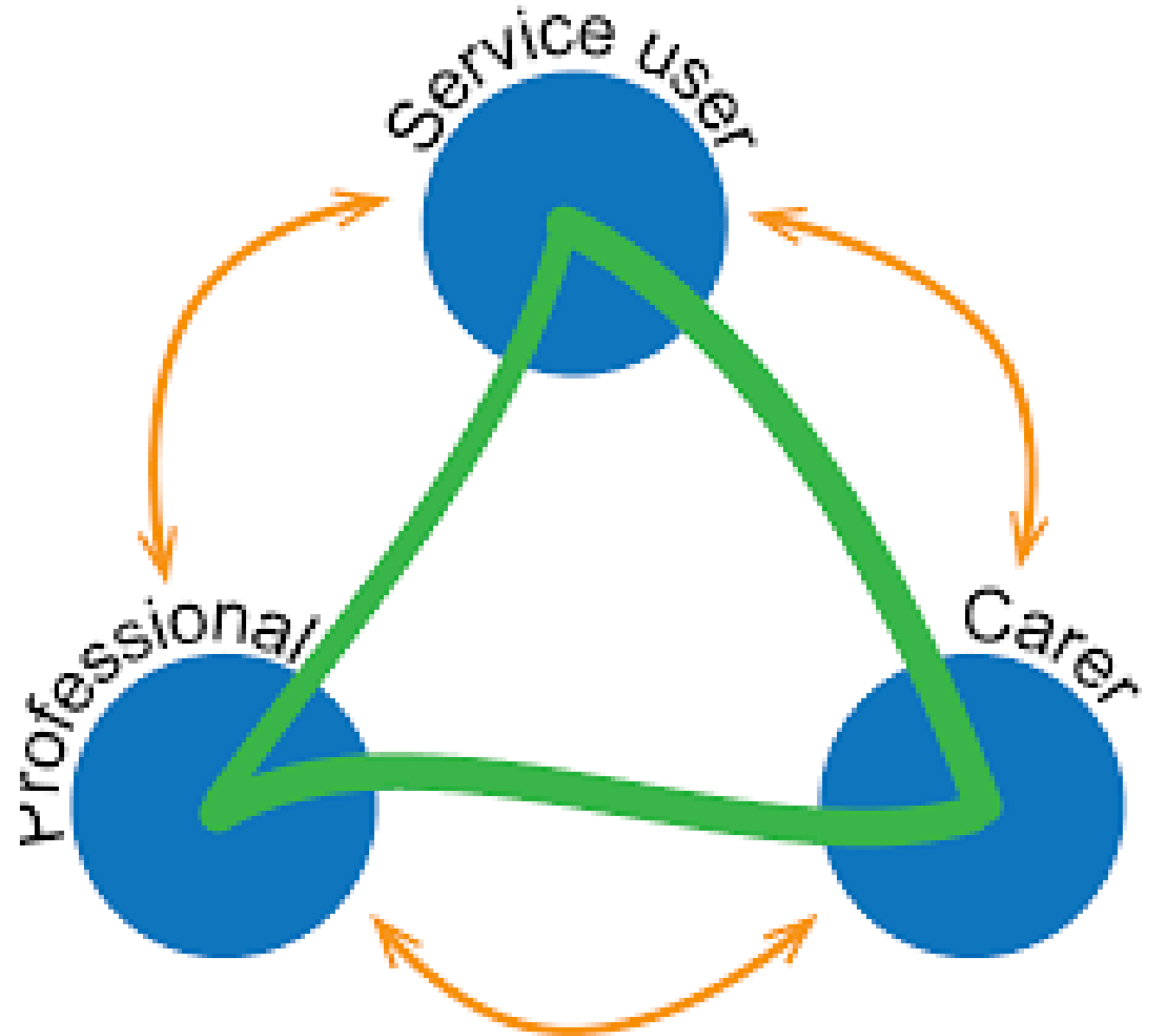
# Carer and Relative Support Boultham Park Medical Practice

*Carer Information Pack*

---

Carers and relatives play a vital role in caring for loved ones who have mental health problems. We know that being a carer can be difficult, demanding and a lonely role. As well as providing care and treatment to our service users, we are here to support their carers and families. To help us do this, we use the Triangle of Care approach. This therapeutic alliance between service users, staff, carers and relatives promotes safety, supports recovery and sustains well-being.

---



# Lincolnshire Carer Service

Carers  
First

- The Lincolnshire Carers Service is delivered, in partnership, by Lincolnshire County Council's (LCC) Customer Service Centre and [Carers FIRST](#).
- The LCC Customer Service Centre provides telephone-based information and support around your caring role.
- The Carers FIRST work directly with carers in local communities across Lincolnshire. They offer services to support you at every stage of your caring journey. To help you find the balance in your life you wish to achieve.
- The Customer Service Centre is the first point of contact for all general enquiries regarding support for carers. The Customer Service Centre is available Monday to Friday 8am-6pm except on public holidays
- Telephone- 01522 782224
- Email- [carersservice@lincolnshire.gov.uk](mailto:carersservice@lincolnshire.gov.uk)
- The Lincolnshire Carers Partnership identifies **Four specific carer groups**, aiming to give each group a voice in establishing the support that is important to you;
- **Adult Carers**- those over 25 years of age caring for another adult.
- **Young Carers** – Carers under the age of 18 years. They may be taking on responsibilities that an adult would normally have.
- **Young Adult Carers**- carers age 18-25 years
- **Parent Carers**- those over 18 years of age caring for a child ( who is under 18 years of age or going through transition, this can include other relatives or guardians)

# Information and Support Groups

- **LPFT** ( Lincolnshire Partnership Foundation Trust) has several groups to support carers. For current information and details on how to join, please email [lpft.carers@nhs.net](mailto:lpft.carers@nhs.net).
- **Lincoln Care Group:** If you are interested in having an online 1-2-1 phone call for advice or simply a chat, please email [lpft.carers@nhs.net](mailto:lpft.carers@nhs.net) .
- **Lincoln Carers Education and Support Group**, held every other Thursday 06:30-8pm via Microsoft Teams.
- **Carers First work with Lincolnshire County Council** supporting carers within Lincolnshire who look after a relative or friend who cannot manage without their support. If you would like to speak to someone about your caring role and discuss what support may be available to you, please call the Lincolnshire County Council Carer Wellbeing Hub on 01522 782224 or access the Support Request form from their website [Online, Phone & In Person Support for Unpaid Carers - Lincolnshire | Carers First](#)



---

# Dementia Carers



**DEMENTIA  
CARERS COUNT**



---

**Dementia Carers Count** Offer incredible support to dementia carers including help with understanding Dementia, carer information to help you look after yourself, help with everyday challenges and information on your rights as a carer.

*Dementia carers court offer a personalised advice support line, open Monday to Friday 9:00am-17:00pm. Call free on 0800 6521102. If you are wanting to meet other carers, please visit their website*

*Dementiacarers.org.uk*

## **Dementia UK**

Whether you have a a question that needs an immediate answer or need emotional support when life feels overwhelming, dementia specialist Admiral Nurses can support you.

Phone: 0800 888 6678

Dementia Support Line: 0333 150 3456

Website: [www.dementiauk.org](http://www.dementiauk.org)

## **Alzheimer's Society**

Alzheimer's Society is a charity which provides help and hope by providing information, guidance and support. This Charity also funds Dementia research.

Phone: 0330 333 0804 or Call the National Dementia Helpline on: 0330 222 1122. Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

---

# Age UK



- 
- Age UK offer help and advice for carers they offer a range of support from
  - Money and Legal advice
  - Health and Wellbeing
  - Care and support
  - Work and Learning

They can offer support such as Gardening, Deep cleaning and offer a Handy person Service. For further information on how Age UK can support you and your loved ones please visit

[www.ageuk.org.uk](http://www.ageuk.org.uk)

Age UK offer a free advice line on 0800 678 1602. Lines are open 8:00am-7pm, 365 day a year. They also have specialist advisers at over 120 local Age UKs.





---

# H.A.Y

## Lincolnshire

**H.A.Y** Lincolnshire can offer support services within Lincoln to support all aspects of your wellbeing.

To find support services near you visit  
[www.haylincolnshire.co.uk/support](http://www.haylincolnshire.co.uk/support)

If you are on Facebook, you can follow how are you Lincolnshire

The support ranges from Armed forces support, Bereavement Services, Carer Support, Dementia Friendly Communities, Food banks, Wellbeing Hubs and many other Services.

Children and Young people can self refer online at  
[www.lpft.nhs.uk/young-people/Lincolnshire/young-people/self-referral](http://www.lpft.nhs.uk/young-people/Lincolnshire/young-people/self-referral).

---

**Shine;** Shine Lincolnshire is a health and wellbeing charity dedicated to strengthening communities and ensuring that everyone has access to the support they need.



Shine connects people with the services and support that will most effectively meet your needs.

You can contact Shine by phone; 01507 304548

Email; [info@shinelincolnshire.com](mailto:info@shinelincolnshire.com)



---

# Connect to Support Lincolnshire

Connect  
to Support  
Lincolnshire

---

Lincolnshire County Council provide this service and have teamed up with Carers UK

Connect to Support is a free online directory providing information about a range of services in Lincolnshire to support carers and people being cared for.

Visit; [www.lincolnshire.gov.uk/support-carers/information-advice-support-carers](http://www.lincolnshire.gov.uk/support-carers/information-advice-support-carers)