

Carers Support Workers Contact Details

Carers Support Spelthorne
Telephone: 01784 446234

Carers Development Runnymede
Telephone: 01932 722080

Surrey Heath Carers Support
Telephone: 01276 27390

Carers Support Woking
Telephone: 01932 355500

Carers Support Elmbridge
Telephone: 01932 226064

Carers Support (Guildford)
Telephone: 01483 458123

South West Surrey - Mental Health
Telephone: 01483 451010

Carers of Epsom Telephone: 01372 722269

Carers Support Waverley
Telephone: 01252 718166

Mole Valley Telephone: 01306 640020

East Surrey Carers Support Association (Reigate) Telephone: 01883 347900

East Surrey Carers Support Association (Tandridge) Telephone: 01883 347900

North Surrey - Mental Health
Telephone 01932 876609

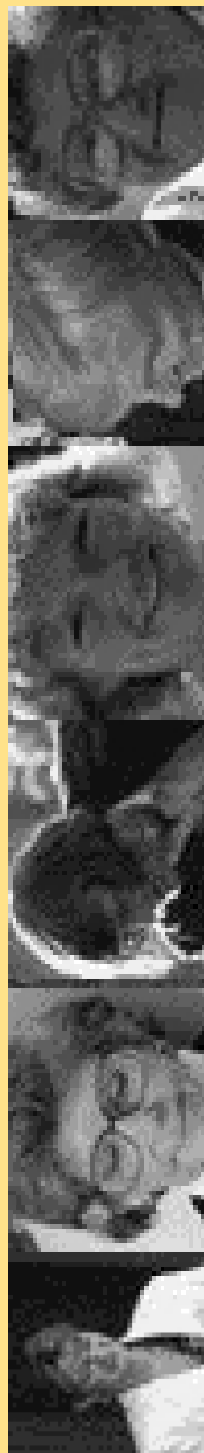
East Surrey - Mental Health
Telephone: 01737 277757

Waverly - Mental Health
Telephone 01483 415950

South West Surrey - Mental Health
Telephone: 01483 451010

www.carersnet.org.uk

CARERSNET



The website for Carers

on line all the time!

The ShortTerm Break Online Database



What Is The Short Term Break?

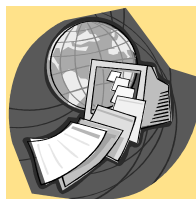


A short term break is what used to be called "respite". Many Carers need to have a break from caring from time to time. A short term break may be just a few hours, or a day or a week or two. Some breaks can be arranged through voluntary organisations free of charge. If the person you care for is eligible for services a Surrey County Council Care Manager or Social Worker may be able to help you get a services. Some Carers also arrange things privately where they can afford to do so. There are many forms of short term break. You may have someone coming into your home from an care agency to care for the person while you are out, or resting or catching up with a hobby. Alternatively the person you care for may go to Day Centre for a day. If you are going away for longer they may go to a residential or nursing home or a hotel that can meet their needs.

You may not see a short term break being parted from the person you care for. But you may want a chance to get away together and take advantage of an assisted holiday or an adapted hotel.

However you see a short term break it should be your choice and that of the person you care for.

What Is The Short Term Break Database?



The Short Term Break Database gives details of Day Centres, hotels, residential and nursing homes, sitting services, and information agencies that may be able to help you make a choice about taking a short term break and inform you about the facilities which are available. It also gives details of services which accept Carer Break Vouchers. The information is updated regularly and the database is constantly developed to make it easier to use. You will be able view details about a facility such as contact name, location, contact numbers etc. In many cases you will be able to view additional information about the facility such as services, prices and who can use it.

Where Can I View The Database?


The database Can be viewed at:

www.carersnet.org.uk



Where On Carersnet Can I Find The Database?

Once you are at the home page of Carersnet this is what you do!

- Click on 
- Click on "The Short Term Break Database" This is what is known as a link and will take you to the database.

Once you have the database on your screen you will be able to search under various option such as organisation by name, disability, area and category etc.

I Do Not Have A Computer!



If you do not have a computer you can still get the information from the database. All libraries are equipped with computers linked to the internet. Carers Support Workers around Surrey may also help you to find possible alternatives to access the information you need. The contact details of the Support Workers can be found on the back or this leaflet. Your Care Manager may also be able to help you access the information you need about Short Term Breaks.