

Who are we?

We are here to offer help and support to all carers in the Mole Valley area.

We are currently public sector funded, however, we are totally independent and all information given to us is handled in the strictest confidence.

We never pass on carers details to third parties unless the carer directly instructs us to do so.

We are there for the carer and our independence allows us to offer advice regardless of funding restrictions.

We intend to be user led at all times and to respond to the needs of the carer.

Your Mole Valley Carer Support workers are

**Thora Ascough
and
Jane Brooks**

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Reg. Charity No 1081718

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**CAREERS
SUPPORT**



MOLE VALLEY



01306 640020

Who is a Carer?

If you are caring for a relative or friend who has a

Physical Disability

Learning Disability

Mental Health Problem

Long-Term illness

Is Elderly

Child with a Disability

then you are a Carer.

It doesn't matter if the person you care for is young or old: if he or she is a relative, partner, child or friend, whether they live with you or some distance away, you are still a Carer.

How we can help

✧ *Providing information*

On respite care, benefits, services, self-help groups and voluntary organisations.

✧ *Newsletters*

To keep you abreast of current issues in the caring community.

✧ *Meeting other carers*

By organising support groups.

✧ *Raising Awareness*

Telling professionals and the general community about what really concerns carers.

✧ *Assisting development*

Identifying common needs and working with all sectors to develop gaps in service provisions.

Did you know that

Carers save the state an estimated £33 billion a year.

There is an estimated 5.7 million Carers in the UK (including 51,000 Young Carers). In Surrey this as calculated to be as high as 113,000 Carers.

By the year 2010, 1 in 5 of the population could be caring for elderly relatives.

Over 50% of Carers end up suffering from depression, anxiety or other stress related illnesses directly as a result of the toll caring has taken on their lives.

50% of Carers have had to give up work in order to care

(Statistics provided by Carers National Association)