



If a family member or friend is supporting someone with an illness or disability who would find it hard to manage without that support, then they are considered to be a 'carer'. Even if the person does not see themselves as a carer (they may feel that they are 'just doing their bit') it is important that they are identified as such in order that they can access services that help to support their own health and wellbeing.

Military Organisations

Organisations that give an independent, confidential voice to families on a range of service issues. Separate from the chain of command.

- Army Families Federation (AFF)
Naval Families Federation (NFF)
Royal Air Force Families Federation

Charities offering Welfare Support

- ABF - The Soldiers Charity
Royal Navy and Royal Marines Charity
The Royal Air Force Benevolent Fund
Royal Air Force Association
SSAFA
The Royal British Legion

Peer Support

The Ripple Pond

A network of self-help support groups for adult family members of physically and emotionally injured Serving Personnel, Reservists and Veterans. Tel: 01252 913021

Togetherall

A safe, confidential, online community of people who are anxious, down or not coping who support and help each other by sharing what's troubling them, guided by trained professionals.

Forcesline

A free and confidential helpline that provides support for serving and ex-service men and women, and for their families. Tel: 0800 731 4880

Combat Stress Mental Health Helpline

For anyone affected by Service-related mental health problems, including family members Tel: 0800 138 1619

Surrey Heath Veterans & Families Listening Project

Aims to enhance and improve the quality of the day-to-day lives of HM veterans as well as their families, through support, information, sign-posting. Hosts a Drop In on the 2nd Tuesday of every month; 10am-1pm @ St Mary's Church, Park Rd, Camberley, GU15 2SR

Drop Ins

Advice and information sessions for the AFC. Find your local one via the ASDIC website.

Digital Resources

Carers UK

provides carers in Surrey with access to a wide range of digital tools and essential resources that may help make your caring situation easier. You can access the digital tools for free using the Access Code: DGT3562

Carers Support

Carers Needs Assessments

There is a legal duty on local authorities to assess the needs of unpaid carers. To request a Carers Assessment contact either the Council on 0300 200 1005 or alternatively complete an online carers assessment

Local Carers Services

Action for Carers Surrey

Local charity that provides a range of services to unpaid carers across Surrey; including advice and information, support groups, advocacy and training. Tel: 0303 040 1234

Specialist support for both young and adult carers in the Armed Forces community is available via Carol Owtrim, the Armed Forces Carers Support Coordinator.

Mobile: 07850 515456. Office: 01483 302748

Direct extn: 291

Email: carol.owtrim@actionforcarers.org.uk

Crossroads Care

Respite care service that provides carers with a 3 hour weekly respite break (funded by SCC & NHS). Also provide End of Life carers support Email: enquiries@crossroadscaresurrey.org.uk Tel: 01372 869970

Parent Carers

Services are provided by Action for Carers (please see details above)

Family Voice Surrey

Giving Surrey parents a strong collective voice, a forum to share knowledge and empowerment to improve opportunities for children. Tel: 01372 705708

Email: contact@familyvoicesurrey.org

Young Carers

Surrey Young Carers

Provides advice, information and support to children and young adults (ages 5-18 and 18-24) who are carers. This may include activities and events as well as 1:1 support.

Tel: 01483 568269

NHS Services

Carers Break

A discretionary one off payment to help support your health and wellbeing. To find out whether you are eligible you will need to register as a carer with your GP practice. This applies to Defence Medical Services on base practices. Once registered as a carer discuss with your GP how your caring role is impacting on your health and wellbeing.

Hospital Carers Support

Available at all 5 of Surrey's main acute hospitals. Providing on the spot advice information and support to carers when their loved one is hospitalised. The service is run by Action for Carers Surrey.

Tel: 0303 040 1234

Specialist Support

Dementia

Alzheimer's Society host a Dementia Navigator service offering practical and emotional support to people living with dementia.

Tel: 01932 855582

Email: surrey@alzheimers.org.uk

Mental Health

Healios

Tailored to families' circumstances and needs for those living with mental health difficulties. Provides information and skills training to promote shared understanding, recovery and improved quality of life for the whole family. Referrals via CPA and Surrey Action for Carers or contact 0330 124 4222

Life Limiting Illness

The Brigitte Trust

Independent charity offering free emotional and practical support to families facing life limiting illness. Tel: 01306 881816

Rainbow Trust

Support for families with children who have a life limiting illness. Tel: 01372 363438

Substance Misuse Support

The i-access team has two dedicated Carer Practice Advisors who can offer one to one support including carer's assessments East Surrey: Teresa Venn Tel: 07773 2303 West Surrey: Pietro Viglianghi Tel: 07891 848679

Domestic Abuse Support

To view details of support services for those affected by domestic abuse please use our Criminal Justice Pathway.

Bereavement Support

Cruise Bereavement Care

Offers support, advice and information to children, young people and adults when someone dies. See website for local contact details or tel: 0808 808 1677

Winston's Wish

Bereavement support programme for children and young people from military families affected by the death or life limiting illness of a parent or sibling. Tel: 08088 020 021

Scotty's Little Soldiers

Supporting those aged 0-18 who have lost a parent who was a serving member of the British Armed Forces at the time of their death, or was medically discharged due to an illness which subsequently led to their death. Tel: 08000 928571

Survivors of Bereavement by Suicide

A safe, confidential environment in which bereaved people can share their experiences and feelings, so giving and gaining support from each other. Tel: 0300 111 5065