

# Healthcare For Carers Self-Health Check Questions, Answers And Tips

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Are you looking after a friend or relative at home?  
...then you are a CARER!

## **How can this booklet help?**

This booklet has been designed to help you to think about **your own** health and caring needs. The questions are for you to complete whenever you have a spare minute to yourself. You don't need to do it all in one go – you can always go back and complete another section at another time.

**You might want to do it just for yourself – or you might wish to share the results with a health or social care professional - this will help them to help you.**

## **What is meant by the term CARER?**

Carers are people of all ages who look after or support relatives or friends who, because of mental or physical illness or

disability, or the effects of old age, cannot manage at home without help.

The person being cared for may or may not live with the carer.

If this describes you, remember, you are not alone. One in eight of the population is a carer.

## **Do you find it difficult accepting help?**

A carer's lifestyle is frequently restricted and many carers can and do become mentally and physically exhausted by their caring role. This can cause their own health to break down and this is why it is important for you to take stock of **your own** health.

Accepting help enables carers to become refreshed, avoids burn out and gives the

cared-for the stimulation and pleasure of other people's company.

**Let your GP know that you are a carer.**

**There is no need to feel guilty about accepting help.**

**Carers need to be healthy to care.**

# Health Check/Questionnaire

The following questions start you thinking about your own health.

Do you think you are healthy? Find out and see!

Write  
a, b or c  
here

- |  |  |
|--|--|
| 1. How often do you have your health checked?<br><b>a.</b> never <b>b.</b> occasionally <b>c.</b> regularly (every 1 to 3 years)   |  |
| 2. Are you feeling tired?<br><b>a.</b> most of the time <b>b.</b> occasionally <b>c.</b> rarely  |  |
| 3. Are you physically active for 15 minutes or more<br>(e.g. walking briskly, cycling, swimming, keep fit or dancing)<br><b>a.</b> rarely or never <b>b.</b> once a week <b>c.</b> 2-3 times a week  |  |
| 4. Do you eat regularly (three times day)?<br><b>a.</b> no <b>b.</b> sometimes <b>c.</b> yes   |  |
| 5. Do you have a balanced diet? (see Health Tips on this page)<br><b>a.</b> no <b>b.</b> sometimes <b>c.</b> yes   |  |
| 6. Do you eat high fibre foods?<br><b>a.</b> no <b>b.</b> sometimes <b>c.</b> yes  |  |
| 7. How often do you eat convenience foods?<br>(e.g. take-aways, burgers, chips, crisps, chocolate, cakes and biscuits)<br><b>a.</b> daily <b>b.</b> 1- 2 times a week <b>c.</b> occasionally   |  |
| 8. How many cups of fluid do you drink each day?<br>(this includes all non-alcoholic drinks – water, tea, coffee, milk, fruit juice, soft drinks)<br><b>a.</b> less than 8 <b>b.</b> 8 – 12 <b>c.</b> 12 or more   |  |
| 9. How much alcohol do you drink?<br>1 unit alcohol = half pint ordinary strength beer/lager (3.5-4%), 1 pub measure of spirits,<br>1 small glass sherry, 1 standard (175ml) glass of wine at 12% strength contains 2.1 units.<br><b>Women:</b><br><b>a.</b> over 14 units per week <b>b.</b> under 14 units per week <b>c.</b> occasionally/never<br><b>Men:</b><br><b>a.</b> over 21 units per week <b>b.</b> under 21 units per week <b>c.</b> occasionally/never |  |

## Health Tips

A health check involves checking .....

- Blood pressure
- Weight
- Urine

and a general discussion of health concerns.

### Need advice?

Talk to your GP or practice nurse.

**Being physically active** for 30 minutes 5 days a week will help keep you active for life. This can be an enjoyable way to take a break, relieve stress and socialise. You are never too old to feel these benefits.

**Meal times** are an opportunity to relax. This aids digestion, helps reduce tension and increases energy. It is important to take meals regularly and remember, breakfast is a good start to the day.

Your daily balanced diet should include ....

- 5 portions of fruit / vegetables every day
- Starchy foods (breakfast cereals, potatoes, bread, chapatti, pasta, rice)
- Lean meat, fish, eggs, pulses, nuts
- Milk, cheese, yogurt
- Butter, margarine, oils (used sparingly)

High fibre foods can help relieve constipation, lower cholesterol and control diabetes. e.g. wholemeal bread, chapatti, brown rice, pasta, peas, beans and lentils, fruit and vegetables and jacket potatoes.

Convenience food can be high in fats, salt, sugar, and food additives - use sparingly!

## Health Tips (continued)

**Fluid intake** - it is recommended that you drink 8 - 12 cups of non-alcoholic drinks every day to:

- flush out the kidneys
- prevent urine infections
- prevent constipation

You should drink even more in hot weather. Tea and coffee are stimulants - if taken at bedtime they can keep you awake. Water is best.

### Alcohol - sensible drinking guidelines are:

Adult women should not regularly drink more than 2-3 units of alcohol a day. Adult men should not regularly drink more than 3-4 units of alcohol a day.

The weekly guideline for low risk drinking is no more than: 14-21 units for women and 21-28 for men, with a least 2 days when you do not drink alcohol at all.

There are times when it is sensible not to drink - when driving, operating machinery or when taking certain medications, or when giving medication to others.

Regularly drinking too much can increase the risk of experiencing: raised blood pressure, heart disease, stomach disorders, some cancers, sleeping problems, chronic fatigue, accidents, emotional and financial problems.

### As you know, smoking increases the risk of developing

- heart disease
- lung disease (e.g. bronchitis, cancer)
- osteoporosis (brittle bone disease)

Smoking affects other people (passive smokers). Want advice to give up? Ask your GP surgery for advice.

**Eyes:** Recommendation - having your sight checked every 2 years helps to

- show the general state of your health
- diagnose certain medical conditions
- show whether you need glasses

It is free to some people (ask at the optician). If you are housebound some opticians will visit at home.

**For further information about healthy lifestyles, look at [www.nhs.uk](http://www.nhs.uk)**

	Write a, b or c here
10. Do you smoke? <b>a.</b> yes <b>b.</b> occasionally <b>c.</b> never	
11. How often do you have your sight tested? <b>a.</b> never <b>b.</b> occasionally <b>c.</b> regularly (every 2 yrs.)	
12. How often do you a dental check up? <b>a.</b> never <b>b.</b> occasionally <b>c.</b> regularly (every 1-2 yrs.)	
13. How are you sleeping? <b>a.</b> under 4 hours <b>b.</b> 4 – 6 hours <b>c.</b> 6 – 8 hours (in every 24 yrs)	
14. Do you have time for fun, study, friends and hobbies? <b>a.</b> no <b>b.</b> sometimes <b>c.</b> yes (daily)	

### How well did you do?

#### Mainly A's

Room for some lifestyle changes!

**Why not have a chat with your community or practice nurse?**

#### Mainly B's

You would benefit from making some small changes to your lifestyle.

**Have you read the health tips?**

#### Mainly C's

Excellent, your lifestyle is healthy.

**Keep up the good work**

## General Health

### What health problems do you have that are worrying you?

If you have problems, there are things you can do to help yourself. Other things will need help from a professional – your GP, nurse or social services staff can advise.

Joints	Mobility Difficulties/Comments	Joint Stiffness (tick)	Joint Pain (tick)
Neck			
Arm			
Shoulders			
Hips			
Legs			
Hand			
Elbow			
Back			
Knees			
Feet			

Suppleness exercises help stiff joints. Various activities are available at your local leisure centre and there may be supervised sessions that you can be referred to by your Doctor to improve your health.

If you are unable to find time to get away, home-based exercise tips are available - ask your practice nurse. Remember that walking is good for you.

If you are concerned about your health, seek advice from your GP before becoming more active.

## Health Tips

### Dental checks are recommended...

- every 6 months for natural teeth
- annually for dentures (well fitting dentures aid digestion)

### The dentist can give advice and spot...

- tooth decay and gum disease
- early mouth cancers

### Difficulty sleeping? Have you tried...

- relaxing in a warm bath
- bedtime snack or glass of milk + fruit
- soothing music/light reading

### Do you have time for...?

- study, friends, hobbies.

How about a relaxing swim, listening to music or painting?

### Common symptoms of Menopause you may overlook

- hot flushes/night sweats
- poor concentration
- loss of interest or painful sex
- tiredness/anxiety/irritability

Most symptoms will pass in time. Contact your GP for treatment and advice if symptoms are troublesome.

### Diabetes

- tiredness
- intense thirst
- frequency of urine
- significant weight change

Diabetes is more common amongst older people, especially if overweight. These symptoms occur for other reasons but diabetes should be taken seriously - consult your GP if in doubt.

# What health problems are worrying **you**?

- Have your problems increased since you became a carer?
- A problem detected early can often be treated easily
- If you have not already discussed these problems, your Health Check appointment is an ideal opportunity

Put a tick in the appropriate box if you have any of these health conditions

	Yes ✓	No ✓
Arthritis		
Migraine/headaches		
Sight difficulties (even with spectacles)		
Hearing difficulties		
High blood pressure		
Fainting/giddy attacks		
Heart problems		
Breathing difficulties (including asthma)		
Diabetes		
Recent weight fluctuation (including loss/gain)		
Sleeping difficulties		
Continence difficulties (e.g. dribbling, frequency, pain, leaking)		
Family Planning/Problems with intercourse		
Menopause/Prostate problems		

List here any other health problems you are worried about

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## Health Tips

### Foot problems

- calluses and corns
- ingrowing toenails
- poor circulation
- fungal infections

Feet must not be neglected. Remember, well fitting shoes and socks are important - seek advice from your local chiropodist.

### Prostate Awareness

- difficulty in passing water
- slow flow
- dribble before reaching the toilet
- frequent urge to pass water
- wetting the bed – a full bladder can overflow

Talk to your GP or Continence Advisor - they will decide if you need specialist help.

### Continence

- leaking on physical exertion
- getting up in the night to visit the toilet
- getting to the toilet too late
- wetting the bed

Incontinence is an embarrassing, common problem. It can affect anyone at any age. Significant help can be given.

## What medication are **you** taking?

This section gives you an opportunity to take stock of the regular medication **you** are taking (including vitamins, tonics, creams etc).

Medication (name)	GP prescribed please tick	Self prescribed please tick	Reason for taking

- If you regularly need to buy non-prescription medication, it is advisable to discuss this further with your GP/Practice Nurse.
- Make sure you understand why you are taking medication and how it works.
- Keep medication in a dry, cool and preferably locked cabinet, out of reach of young children and confused people.
- Remember to regularly check medication labels for out of date medicines - any unused medicines should be returned to your pharmacist.
- If you suspect you are having any side effects from a prescribed medicine, telephone your GP surgery for advice before discontinuing.

**Further Advice Is Available From Your Pharmacist,  
GP or Practice Nurse**

# Better Mental and Emotional Well-Being:

## Looking after your stress levels

Just being a carer often means that you are faced with constant stress. Carers have so many extra responsibilities and frustrations to deal with.

Stress is the reaction that people have to excessive pressure or other types of demand placed in them. It arises when they worry that they cannot cope.

Not all stress is bad. We all need some stress in our lives to function effectively. Some people thrive on stress – it makes them feel stimulated and excited.

## Changes in your mental well-being

However, continual or excessive stress can lead to disturbed sleep, poor concentration, increased anxiety, and irritability, which can increase the risk of accidents and disrupt relationships at both work and home. An overloaded carer can become physically or mentally ill.

It is important to be aware of and identify any symptoms of excessive stress.

## Some signs and symptoms that you need to look out for your own mental and emotional well-being may include:

- Smoking more
- Drinking more alcohol
- Drinking more coffee, which will make you more irritable and make it harder for you to sleep
- Anxiety and feeling restless and edgy
- Insomnia and poor sleep
- Constantly feeling tired and lacking in energy
- Difficulty concentrating
- Feeling down and unhappy a lot of the time
- Feeling like there are not enough hours in the day
- Loss of self esteem and confidence
- Lack of interest in doing activities that used to interest you
- Feelings of loneliness and isolation
- Physical tension (e.g. in neck and back)
- Lack of appetite, eating too much or too little
- Irritability and aggressiveness
- Feelings of resentment that can put a strain on the relationship with the person you are

caring for, or on your other relationships, and can leave you with negative or guilty feelings

- Palpitations
- Panic attacks
- Strange and worrying thoughts or experiences
- Behaviour that is neglectful of yourself, excessive risk-taking, or thoughts of harming yourself

No matter how well you deal with your caring role, at some point you will probably experience higher than normal levels of stress.

## Improving your mental and emotional well-being

Carers can be so busy caring for the health and well-being of the person that they care for that they don't take time for themselves. Taking care of your own mental and emotional well-being is not just vital for yourself, it can also be very positive for the person you care for.

Early recognition of the signs of stress, anxiety and depression is the crucial first step in dealing with problems and preventing them becoming more serious. Seek help as soon as possible through your GP or practice nurse.

There are things you can do for yourself to improve your own mental and emotional well-being, which can include:

- ▶ Drawing on friends and family for discussion and support – talk about your feelings, don't bottle them up
- ▶ Work out what is making you stressed or upset
- ▶ Organise your time – make lists
- ▶ Find out about practical solutions for things that have been troubling you – contact the **York Carers Centre, Future Prospects** or **Citizens Advice Bureau** for advice about benefits entitlements, debt counselling and many other practical things.
- ▶ Keep physically active and take regular exercise – start with a brisk walk
- ▶ Drink alcohol in moderation (see page 3 of this booklet for guidelines, also <http://www.units.nhs.uk>)
- ▶ Eat well (see page 2 of this booklet for guidelines, also <http://www.5aday.nhs.uk>) and <http://www.eatwell.gov.uk>)
- ▶ Learn new skills
- ▶ Do something creative
- ▶ Getting in touch with local carers' support groups in the York area, or carers' forums on the internet
- ▶ Take a break – find out about carers' respite resources (talk to **York Carers Centre**)
- ▶ Seek help and advice from your GP, practice nurse, pharmacist and other health professionals you may know
- ▶ Ask for help – don't try to do everything yourself

## If you need further help?

Talking to someone who understands often helps. If you need someone to talk to or confide in, contact your Practice Nurse. If necessary, they will refer you to your GP.

**You can also ring or visit York Carers Centre for a chat or to get contact details of local support organisations. See the contact details on page 10.**

**Citizens Advice Bureau 0870 126 4850 [www.yorkcab.org.uk](http://www.yorkcab.org.uk) Appointment booking line: 623550**

**Internet resources** that you might find helpful include: [www.carers.org](http://www.carers.org)

# What other advice do you need?

The answers to the following questions can show your GP, Practice Nurse or Social Worker what additional information or advice you may need.

	Your answer
Who are you caring for e.g. a relative/friend? How old are they?	
How long have you been a carer?	
Are you combining paid work with caring?	
What kind of health conditions does the person have that you are caring for e.g. stroke, dementia, multiple sclerosis, learning difficulties, mental illness?	
On average, how often does the cared for person(s) need your help during the day?	
On average, how often are you disturbed at night by the cared for person?	
What help do you give e.g. shopping, cooking, housework, laundry, feeding, toileting, washing, dressing, walking, wheelchair outings, emotional support, supervising/protecting among other things?	
What help do you have to give you a break from caring e.g. day centres/clubs, family friends, Practice Nurses, Social and Voluntary services?	
What additional help (if any) do you need?	
You may become financially stretched through loss of earnings and changes in personal circumstances. Has anyone discussed with you the financial effects of your caring role and the benefits you and the person you care for may be able to get?	

**Do you worry what might happen to the person who you care for if you are unable to provide care because of an emergency? You can put a plan in place before hand and get a Carer's Emergency Card through the Carer's Centre.**

# Organisations that can support you: Carers resources in the City of York

Contacts details	What they provide for carers
<p><b>York Carers Centre</b> 17 Priory Street York YO1 6ET Telephone: <b>01904 715490</b></p> <p>Outside of opening hours a message can be left any time on our answer phone.</p> <p>Fax: <b>01904 624413</b></p> <p>Opening hours: Monday, Tuesday, Thursday 10am-12noon and 1pm to 3.30pm. Wednesday closed am, 1pm to 3.30pm. Closed Friday.</p> <p>www.yorkcarerscentre.co.uk email: enquiries@yorkcarerscentre.co.uk</p>	<ul style="list-style-type: none"> <li>■ Confidential information, advice, support and representation.</li> <li>■ Regular information by way of circulars, bulletins or newsletters.</li> <li>■ Information sessions, courses and other related activities.</li> <li>■ Training</li> <li>■ Benefits advice</li> <li>■ Support, guidance and signposting to help carers access training, employment and any other services that might be helpful. Such as your local branch of Age Concern, Mind, Alzheimer's Society and others.</li> <li>■ Young carers' services offering one to one support, clubs and new opportunities, for young people who care for a relative.</li> <li>■ All the staff work in partnership with carers, carer groups and other organisations to improve services for carers and promote their interests. They are affiliated to the Princess Royal Trust for Carers.</li> <li>■ Social events for carers</li> </ul>
<p><b>Future Prospects</b> 24 Swinegate, York YO1 8AZ www.futureprospects.org.uk Email: admin@futureprospects.org.uk</p>	<p>Advice on training and learning for work and skills development.</p> <p>Telephone: <b>01904 634748</b> Freephone: <b>0800 834239</b></p>
<p><b>York and District Mind</b> 11-12 Stonebow House, The Stonebow, York YO1 7NP www.yorkmind.org.uk Email: info@yorkmind.org.uk</p>	<p>Carers' counselling and general counselling and advocacy. Information line: <b>01904 647349</b></p>
<p><b>York Carers' Forum</b> Email: yorkcarersforum@tiscali.co.uk</p>	<p>York Carers' Forum is a carer led group offering support to all unpaid carers in the city of York area. Telephone Katie Smith: <b>01904 422437</b></p>

# Organisations that can support you:

## City of York Council Social Services Department

### Contacts details

Carers can request an assessment by contacting:

City of York Council's Advice and Information Team

Telephone: **01904 554141**

The Team are based at the address below and can be contacted in person, by phone and by email:

Customer Advice Centre

PO Box 402

George Hudson Street

York YO1 6ZE

Telephone: **01904 554141**

Minicom: **01904 554120**

Email: [housing.socialcare@york.gov.uk](mailto:housing.socialcare@york.gov.uk)

The Customer Advice Centre, 10-12 George Hudson Street, York is open from 8.30am - 5pm Monday to Friday.

### What they provide for carers

#### Carer assessments

- Social Services Departments have a duty to offer carers who undertake substantial and regular care the opportunity to have an assessment of their needs. The carer assessment will give you the chance to share your views about your caring role and to say how it affects you and your life, as well as the needs of the person you are caring for. It will help Social Services to try to ensure that you get the support you need.
- The assessment should not be a daunting process, but an opportunity to talk openly and freely from your perspective as a carer.
- You can have a carers' assessment jointly with the person you care for, or separately, whatever feels most comfortable to you.

#### Information, advice and signposting

Social Services staff can provide carers with a range of information on forms of support available nationally and locally. There is also a full listing of information and links on the City of York Council carer web-pages.

#### Access to respite/break services

Respite care is available through Social Services to those people meeting our eligibility criteria. To access this, you and the person you care for will need to have an assessment. Respite can be made available in a range of forms: in a care setting; in the home of the person you care for; or in the form of a direct payment, allowing you and the person you care for real flexibility about who provides the service, and where and when it is available.

#### Flexible Carers Support

From April 2006 a fund was introduced to provide a wider range of support **directly to carers** who have had an assessment, and are under particular stress (including emotional, physical and mental stress). It could help pay for things like cleaning equipment, transport costs, exercise classes, counselling, etc. Ask your social worker/care manager for more details.

**You can contact the Carers Centre to ask about this or talk to your social worker/care manager/GP.**

# Organisations that can support you: Health Services

## Your local health services

### Health Centres/GP practices (see list on pages 15-16)

## What they provide for carers

### Carers register

The Government has asked all GPs to compile a register of carers – this is so that carers can be helped in their caring role. Please tell your GP and the surgery that you are a carer so that they can be aware of your needs as a carer.

### Carer support groups

Some GP practices run carer support groups. Ask your practice if they run one - if not, you may create an interest in them setting one up.

### Flu jabs

Ask your GP about whether you need a flu jab.

### Counselling

Many GP practices have counselling services attached. If you find the caring role is really stressing you out, maybe talking to someone about it will help.

## Hospitals

### Hospital discharge

Hospital staff should consider carers needs prior to discharge, and check whether they are able and willing to provide care once the patient is at home. Carers who are likely to be taking on a substantial caring role after discharge should also be offered a referral to social services for a carer assessment.

Make sure you tell health staff if you have any questions or concerns about your capacity to provide care following discharge.

## York Hospital Patient Advice and Liaison Service

### Help, advice and information

Telephone: **01904 726262**

Email: [pals@york.nhs.uk](mailto:pals@york.nhs.uk)

Address: York Hospital  
Wigginton Road  
York  
YO31 8HE

Contacts details	What they provide for carers
<b>Patient Advice and Liaison Service for North Yorkshire and York Primary Care Trust</b>	<p><b>Help, advice and information</b></p> <p>Telephone: <b>0800 06 8800</b></p> <p>Email: <a href="mailto:nyy-pct.pals@nhs.net">nyy-pct.pals@nhs.net</a></p> <p>Address: Pals, Freepost NEA 13107, York YO31 7ZX</p>
<b>NHS Direct</b>	24 hour helpline: <b>0845 4647</b>
<b>North Yorkshire Stop Smoking Service</b>	<b>0845 877 0025</b>
<b>Sexual Health Helpline</b>	<b>0800 567 123</b>
<b>North Yorkshire and York Primary Care Trust</b>	Lots of helpful information about staying healthy: <a href="http://www.nyypct.nhs.uk/stayinghealthy">www.nyypct.nhs.uk/stayinghealthy</a>
<b>Local Alcohol Services</b>	<p><b>York</b> York Alcohol Advice Service (YAAS), 63 Bootham, York YO30 7BT. <a href="http://www.yaas.info">www.yaas.info</a>. Telephone: <b>01904 652104</b></p> <p><b>Craven</b> Craven Drug &amp; Alcohol Agency (CODA), Mill Bridge House, 4a Mill Bridge, Skipton, BD23 1NJ Telephone: <b>01756 794362</b></p> <p><b>Hambleton and Richmondshire</b> Hambleton &amp; Richmondshire Community Addictions Service (HARCAS), 85 South Parade, Northallerton, DL7 8SJ Telephone: <b>01609 780486</b></p> <p><b>Harrogate</b> Harrogate Drug and Alcohol Agency (HADA), 47 East Parade, Harrogate, HG1 5LQ. Telephone: <b>01423 525999</b></p> <p><b>Scarborough, Whitby and Ryedale</b> The Cambridge Centre (SADAC) Ltd, 23 Alma Square, Scarborough, YO21 3RY. Telephone: <b>01723 367475</b> The Cambridge Centre (SADAC) Ltd, 1 Silver Street, Whitby, YO21 3BU. Telephone: <b>01947 601601</b> A helpline for children and young people affected by adults who use substances on <b>01723 500666</b></p> <p><b>Selby</b> District Alcohol Services (DAS), Abbey Yard Centre, Abbey Yard, Selby, YO8 4PN. Telephone: <b>01757 293600</b></p>

## Your local health services

### GP List

#### **The Petergate Surgery**

Towercourt Health Centre, Oakdale Road, York, YO30 4 RZ. Telephone: **01904 479111**

[www.thepetergatesurgery.co.uk](http://www.thepetergatesurgery.co.uk)

Branch: St Gile's Road, Skelton, York, YO30 1XX

#### **Gillygate Surgery**

28 Gillygate, York, YO31 7WQ. Telephone: **01904 624404**

#### **Dr A S C Calder & Partners**

Clifton Health Centre, Water Lane, Clifton, York, YO30 6PS. Telephone: **01904 623259** [www.cliftonhealthcentre.co.uk](http://www.cliftonhealthcentre.co.uk)

#### **Abbey Medical Group**

Tang Hall Surgery, 190 Tang Hall Lane, York, YO10 3RL. Telephone: **01904 411139** [www.abbeymedicalgroup.co.uk](http://www.abbeymedicalgroup.co.uk)

Branch: 2 Victoria Way, Huntington, York, YO32 9GE.

Branch: 28 Millfield Avenue, Hull Road, York, YO10 3AB

#### **Dr K G Price & Partners**

18 Wenlock Terrace, Fulford, York, YO10 4DU. Telephone: **01904 646861** [www.drpriceandpartners.co.uk](http://www.drpriceandpartners.co.uk)

Branch: York University, Heslington, York, YO10 5DD

Branch: 289 Hull Road, York, YO10 3LB

#### **Priory Medical Centre**

Cornlands Road, York, YO24 3WX. Telephone: **01904 781423**

Branch: Belcombe Way, Water Lane, Clifton, York, YO30 6ND

Branch: Lavender Grove, Boroughbridge Road, York, YO26 5 RX

Branch: 45 Heworth Green, York, YO31 7SX

Branch: Clementhorpe Health Centre, Cherry Street, York, YO23 1AP

Branch: 2 Fulford Park, Fulford, York, YO10 4QE

#### **Dr Burgess**

3a Whitby Drive, York, YO31 1EX. Telephone: **01904 416541**

#### **Dalton Terrace Surgery**

Dalton Terrace, York, YO24 4DB. Telephone: **01904 658542**

#### **East Parade Medical Practice**

89 East Parade, Heworth York, YO31 7YD. Telephone: **01904 423666** [www.eastparadesurgery.co.uk](http://www.eastparadesurgery.co.uk)

#### **Jorvik Medical Practice**

Woolpack House, The Stonebow, York, YO1 7NP. Telephone: **01904 724343** [www.jorvikmedicalpractice.co.uk](http://www.jorvikmedicalpractice.co.uk)

Branch: 175 Bishopthorpe Road, York, YO23 1PD

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**Your local health services**


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**GP List****Dr Kemp & Partners**

32 Clifton, York, YO30 6AE. Telephone: **01904 653834**

**Minster Health**

35 Monkgate, York, YO31 7WE. Telephone: **01904 626234** [www.minsterhealth.co.uk](http://www.minsterhealth.co.uk)

**Dr Boffa**

31 Monkgate, York, YO31 7WA. Telephone: **01904 725406**

**York Medical Group**

199 Acomb Road, Acomb, York, YO24 4HD. Telephone: **01904 342999** [www.yorkmedicalgroup.nhs.uk](http://www.yorkmedicalgroup.nhs.uk)

Branch: 40 Moorcroft Road, Woodthorpe, York, YO24 2RQ

Branch: York St Johns University, Lord Mayors Walk, York, YO31 7EX

Branch: 35 Monkgate, York, YO31 7PB

**Beech Grove Medical Practice**

1 Beech Grove, Acomb, York, YO26 5LD. Telephone: **01904 791094**

**Gale Farm Surgery**

109-119 Front Street, Acomb, York, YO24 3BU. Telephone: **01904 798329**

Branch: The Green, Upper Poppleton, York, YO26 6EQ

**Front Street Surgery**

14 Front Street, Acomb, York, YO24 3BZ. Telephone: **01904 794141**

Branch: Unit 5, The Shopping Precinct, Main Street, Copmanthorpe, York, YO23 3GG

**Drs Potrykus & Utting**

5-7 Hambleton View, Tollerton, York, YO61 1QW. Telephone: **01347 838231**

**Dr Jones & McPherson**

North Back Lane, Stillington, York, YO61 1LL. Telephone: **01347 810332**

Branch: Sheriff Hutton, York, YO60 6RG

**Haxby Group Practice**

Haxby/Wigginton Health Centre, 2 The Village, Wigginton, York, YO32 2LL. Telephone: **01904 724600**

Branch: White Rose Avenue, New Earswick, York, YO32 4AG

Branch: 1 North Lane, Huntington, York, YO32 9RU

Branch: The Village, Stockton-on-Forest, York, YO32 9UP

**Your local health services****GP List****Strensall Medical Practice**

Southfields Road, Strensall, York, YO32 5UA. Telephone: **01904 490532**

Branch: Garth Road, Huntington, York, YO32 4AG

Branch: Petercroft Lane, Dunnington, York, YO19 5NQ

Branch: Viking Road, Stamford Bridge, York, YO41 1BR

**Dr Westerman & Partners**

Millfield Lane, Easingwold, YO61 3JR. Telephone: **01347 821557**

**The Old School Medical Practice**

Horseman Lane, Copmanthorpe, York, YO23 3UA. Telephone: **01904 706455**

Branch: 46 Church Lane, Bishopthorpe, York, YO23 2QG

**Tadcaster Medical Centre**

Crab Garth, Tadcaster, LS24 8HD. Telephone: **01937 530082**

**Dr Smithson & Partners**

Escrick, York, YO19 6LE. Telephone: **01904 728243** [www.escricksurgeryyork.co.uk](http://www.escricksurgeryyork.co.uk)

Branch: Naburn Post Office

Branch: Wheldrake Church Cottage

Branch: North Duffield

**Elvington Medical Practice**

York Road, Elvington, York, YO41 4DY. Telephone: **0845 0717170**

Branch: 37 Common Road, Dunnington, York, YO19 5NG.

Branch: 54 Main Street, Welldrake, York, YO19 6AB

This booklet has been produced by members of the Carers Health Steering Group and the Carers Information and Identification Task Group. These are task groups of the Carers Strategy Group in York which seek to improve services and support to local carers.

**Thanks are due to the group members and carers who helped to compile this booklet.**

**For more information about the work of the Carers Strategy Group please contact  
Frances Perry, Carers Strategy Manager, Tel: 01904 554188 or email: [frances.perry@york.gov.uk](mailto:frances.perry@york.gov.uk)**