

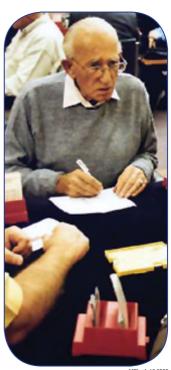


If you look after your partner, or a relative or friend who has arthritis and Connective Tissue Diseases then you could be eligible for Carers support, even if you don't think of yourself that way.

There are many ways that you might care for someone. For instance you might:

- Be on hand 24 hours a day to provide care.
- Arrange/escort that person to their hospital appointments.
- Drop round to keep someone company or cook their dinner.
- Visit a relative who lives far away once a month. (You might still be caring for someone even if you don't live locally to see how they're doing).

Whether you've cared for the person for a long time, are temporarily helping them (for example, while they recuperate from an operation), or have just become a carer, take time to review your options and find out what support is available to you.



MPI ref: 16 3909







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Local organisations that can offer support are below:



The Princess Royal Trust for Carers in Hampshire

Telephone: 01264 835246

Email info@carercentre.

www.carercentre.com

Address:

Andover War Memorial Hospital, Charlton Road, Andover, Hampshire, SP10 3LB

'We provide carer support to all other areas of Hampshire outside Portsmouth.'



Portsmouth Carers Centre

Address:

117 Orchard Rd, Southsea, PO4 0AD

Opening hours: Monday to Thursday 9am - 5pm Friday 9am - 4.30pm Saturday Café

Telephone: 023 9285 1864

10am - 2pm

Email carerscentre@ portsmouthcc.gov.uk

Web page:

https://www.portsmouth. gov.uk/ext/health-andcare/carers/portsmouthcarers-centre.aspx



