

Our Carers: bringing it back to basics

What is a carer?

A carer is someone (including children and adults) who provides unpaid care and support to a family member, friend or neighbour due to their disability, health condition, frailty, mental health problem, addiction or other health and care need, and cannot cope without their support.

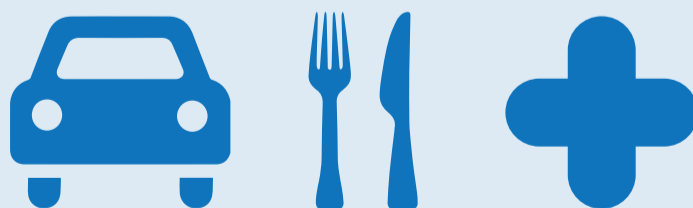
We will offer you support, advice and information.

Recognise the carers' passport: Carers can get their passport by calling the Trust's carers lead at ext: 6878 or the PALS office.

- You can access breakfast/ drinks from the trolley as appropriate.
- You will be given the opportunity to stay overnight and shower as requested.
- Snack bag will be offered as an evening meal (staff can order this from the kitchen).
- With support from our colleagues in estates and facilities, they can offer you monthly/quarterly parking.
- You can access 15% discount on hot meals from

the staff canteen and staff coffee lounge on food and drink.

- A discount of 10% will be offered at the pharmacy shop.
- If you would like more information please contact us on ext 6878 or enh-tr.carerexperience@nhs.net



Are you a carer? Scan here to complete your application online.

