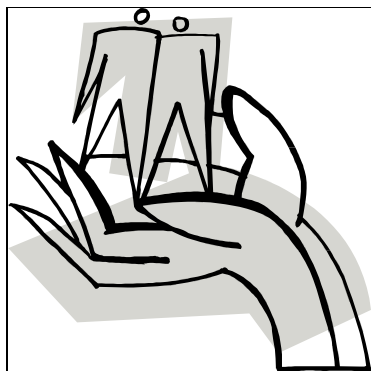


Carers



ARE YOU LOOKING AFTER AN ADULT OR CHILD WHO:

- Has limited movement
- Requires assistance with daily living tasks e.g difficulty getting in and out of bed or car

WE MAY BE ABLE TO
PROVIDE HELP, ADVICE
AND SUPPORT

Useful Contacts

Carers of Epsom:
01372 722269

Carer Support Elmbridge:
01932 235770

Carers Support Mole Valley:
01306 640020

Social Care Team:
03456 009 009



CARERS OF EPSOM

Supported by Surrey County Council
Reg. Company No: 6037020
A Company Limited by Guarantee with Charitable Status
Reg. Charity No. 1119205

BACK CARE ADVISERS

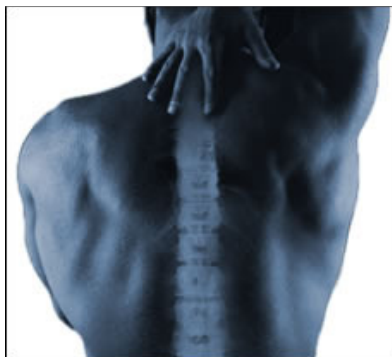
The Old Town Hall
The Parade
Epsom,
Surrey KT18 5AG
Phone: 01372 729947
Fax: 01372 729126
E-Mail:

backcare.epsom@btconnect.com

Website: www.carersnet.org.uk

A vertical advertisement with a blue border. At the top, the text 'MOVING & HANDLING' is written in a red, curved font. Below this, a grey 3D figure is shown carrying a globe of the Earth. At the bottom, the text 'FREE FOR CARERS' is written in a red, curved font. Below that, 'BACKCARE TEAM' is written in large, bold, red capital letters. At the very bottom, the text 'Covering Epsom, Ewell, Banstead, Mole Valley & East Elmbridge' is written in blue.

Back Care Advice Service



Our Service

As part of Carers of Epsom we offer a free back care advice service to carers to provide information, advice and training on all aspects of lifting, moving and handling

- We visit carers in their own home
- Work with carers to explore appropriate solutions to individual situations
- Short term loan of equipment
- Liaise with other professionals
- Offer a signposting service

Effects of Poor Manual Handling:-

- Increased tiredness
- Joint or muscle strains due to repeated poor manual handling technique
- Discomfort and Pain
- Poor levels of motivation
- Resentment towards the cared for
- Increased level of sickness and absence from work
- Reduced ability to provide care
- Inability to pursue your own interests
- Social Isolation
- Damage to you or the person you are caring for
- Deterioration to you or the person you care for from poor positioning

**Most Manual Handling Injuries
are Preventable**

Areas Covered:-

- Epsom and Ewell
- Banstead
- Mole Valley
- East Elmbridge

Referrals

You can self refer, or be referred by any Health Care organisation e.g. your G.P, social services, or a charity.

Referrals can be made by Phone,
E-mail, Fax or Post.

*If you would like more
information please contact us
on:*

01372 729947

Or alternatively E-mail us at:

backcare.epsom@btconnect.com