

GP Details (if Different to yours)

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What is your relationship to the patient?

.....

Are you Next of Kin? Yes / No

Are you the emergency Contact: Yes / No

Do you have permission to Discuss Medical
Records with Carer? Yes / No

How many hours of unpaid care do you
provide each week?

Are you in receipt of Carers Allowance for
providing care for the patient?

Yes / No

Would you like us to refer you to
Northamptonshire Carers? Yes / No

**Thank you for providing this
information. We will now contact the
patient and gain verbal consent to
add your details to their medical
record as their carer.**



Useful Contact Numbers and websites:

Citizens Advice: 03330383221
<https://www.cawnac.org.uk>

Mind: tel: 0300-102-1234

Carers UK: advice@carersuk.org

Carers Allowance: [Carer's Allowance:](#)
[Make a claim - GOV.UK](#)

**KINGSTHORPE MEDICAL
CENTRE
EASTERN AVENUE SOUTH
KINGSTHORPE
NORTHAMPTON
NN2 7JN**

**01604 713823 /
Kingsthorpe.K83035@nhs.net**

KINGSTHORPE MEDICAL CENTRE—2.1, 5.1, 5.3

Carers Leaflet



**Do you care for someone who is
ill, frail, disabled or has mental
health or substance misuse
problems? Are they dependant
on you for help with day to day
tasks and / or responsibilities of
everyday living?**

**If so, then you are a carer and
may like some support for your-
self. This leaflet will be able to
give you more information on
where to access support.**

Updated: January 2026

You may feel that you are doing what anyone else would do in your situation, looking after your mum, son, best friend and getting on with it. Looking after a partner, relative or friend who is frail or who has health problems or a disability can be a rewarding experience but it can also be physically and mentally demanding.

Supporting Carers and improving their health and well being is a priority for our practice.

Our Practice holds a "Carers Register" which will allow us to include details on our computer system that identifies you as a Carer and the person you care for.



Do you Look After Someone?

Knowing you are a Carer helps your doctor understand your health needs and may support you to access information, help and support. This can be anything from leaflets in the practice, updates on our website and Facebook page and sign-posting you to help and support that is available in your area.

Need Help? Get Support!

If you are providing regular care for someone, contact Northamptonshire Carers or let us know and we can refer you to them.



<https://www.northamptonshire-carers.org/>

Northamptonshire Carers exists to make a positive change to Carers lives. To do this they will reach out to, value and champion all Carers and those they look after.



So, if you provide unpaid support to a relative, partner or friend, who is ill, frail or disabled, please complete the form below and hand it into Reception.

Name:

Date of Birth: ____ / ____ / ____

Address.....

.....
.....

Postcode:

Contact Number:
.....

Email:

Details of the Person you care for:

Name:

Date of Birth: ____ / ____ / ____

Address:
.....
.....
.....

Postcode:

Contact Number:
.....

Email: