



## Providing 'social prescribing' options for unpaid carers

**"I want to feel more like a person, rather than just a carer"**

### Lisa's Story

#### A bit of background...

Lisa is a 68 year old woman from Huddersfield, referred to Better in Kirklees by her GP at Fieldhead Surgery. Lisa is a full time, unpaid carer for her 78 year old uncle and another family member that is unwell; the uncle also lives in Lisa's house. Her physical health is suffering and she has frequent back pain through caring for both family members. Lisa has been finding it difficult to get time for herself and feels there is no space in the house for her to relax as it is always busy and someone always needs her help. For unpaid carers like Lisa, the priority is always to make sure that everyone else is ok; to keep them safe and living independently.

#### Getting involved with BIK...

The contact offered by her BIK Wellbeing Worker meant that Lisa had an opportunity to take some time to think about her own needs. She was enabled to talk through her situation, how she is feeling and the impact everything is having on both her physical and mental health.

Lisa asked for help to access activities that would get her out of the house more. She also realised that she needed much more information about what it means to be a carer and what the impact of this is on her own health and wellbeing.

## The Benefits...

An important part of the Better in Kirklees offer is that we constantly research and engage with new and existing groups and services across Kirklees. This means that we are able to support people to access exactly the right kind of support to meet their needs. For Lisa this was Carers Count.

Based in Huddersfield and working across all of Kirklees, Carers Count is a bespoke service offering support to people who have become carers for friend and family. This usually means that they have not had the support and training that professional carers have, yet they are still undertaking the same challenging and highly skilled role.

Carers Count offer invaluable support, advice and social activity/interest groups for people who are devoting their lives to the care and wellbeing of others.

**“I feel more informed about what support there is out there”**

Better in Kirklees is supported by:  
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## What next?

Our BiK Wellbeing Worker, Padma, referred Lisa to Carers Count and shared all of the service information with her. She is now ready to start attending a meditation group, offered to benefit relaxation, physical and mental health. She can now spend some time concentrating on her own health, assured that her family are being cared for in her absence and knowing that they will all feel the benefits of her new support.

## Get in touch with the team:

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*Keeping you active and involved*