

White Lodge provides services that enable those with a range of disabilities, their families and carers to lead fulfilling lives.



For more details of our services, call us on **01932 567131**, email [MHadvisors@whitelodgecentre.co.uk](mailto:MHadvisors@whitelodgecentre.co.uk) or visit [www.whitelodgecentre.co.uk](http://www.whitelodgecentre.co.uk)

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Action for Carers Surrey helps carers of all ages, across Surrey, with free information, support, events, advice and more — as well as activities to give carers a voice.



To find out about any of our services, visit [actionforcarers.org.uk](http://actionforcarers.org.uk) or email [info@actionforcarers.org.uk](mailto:info@actionforcarers.org.uk)

For Adult Carers Support call **0303 040 1234** or email [CarerSupport@actionforcarers.org.uk](mailto:CarerSupport@actionforcarers.org.uk)

For Surrey Young Carers call **01483 568269** or email [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk)

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A Network Partner of  
**CARERS TRUST**



Together providing safe moving and handling solutions for carers in Surrey

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## Looking for support or advice?

If you provide care in **Guildford, Waverley, Mole Valley, Tandridge, Reigate or Banstead** call us on **0303 040 1234** or email [movingandhandling@actionforcarers.org.uk](mailto:movingandhandling@actionforcarers.org.uk)

If you provide care in **Epsom & Ewell, Elmbridge, Runnymede, Spelthorne, Woking or Surrey Heath** call us on **01932 577993** or email [MHadvisors@whitelodgecentre.co.uk](mailto:MHadvisors@whitelodgecentre.co.uk)



## Providing safe moving and handling solutions for carers across Surrey

### A FREE SERVICE



## Are you a carer or about to become one?

Carers look after family, partners or friends in need of help because they have a physical or mental illness, are frail or have a disability. They should not be confused with paid care workers.

You may be looking after an adult or child who requires assistance with daily living activities.

Moving and handling someone means that you are there to assist the person with some support or in providing full assistance with tasks that they are unable to complete alone.

## Moving and handling tasks can include:

- Assisting with bed or chair transfers
- Personal hygiene
- Dressing
- Wheelchair transfers
- Car transfers
- Using a hoist or other equipment

## Avoid the risk of damage to your own health

We are vulnerable to injury at any age. It is not dependant on how capable or strong we think we are. The effects of poor moving and handling can potentially build up over time and result in some of the following problems:

- Increased tiredness
- Acute or long-term pain or discomfort
- Reduction or loss of mobility
- Soft tissue injury
- Joint/ligament strain or injury
- Back injury
- Potential damage to you or the person you are caring for
- Inability to work, be active or care

## What we can offer to support you:

- Visits to your home or the place where you do your caring
- Tailor-made solutions to your individual caring situation
- Short-term loan of small handling equipment
- Training on use of handling equipment
- Support at a pace which enables you to feel safe and confident
- Referral to other support services
- Advocacy on your behalf
- Liaison with other professionals
- Signposting to other services

