

# How to contact us

## Bradford Royal Infirmary

Carer Navigator Service:  
07541 614359 or 07394 569713

MAST: 07706 329625

## Airedale General Hospital

Carer Navigator Service:  
07394 569714 or 07590 877903

MAST: 07719 560463

# About Carers' Resource

Carers' Resource is an independent, award-winning Yorkshire charity providing information, advice and support to carers.

We work in partnership with:

- Airedale NHS Foundation Trust
- Bradford Teaching Hospitals NHS Foundation Trust
- Bradford Council

## How to contact Carers' Resource:

Freephone: 0808 50 15 939  
[www.carersresource.org](http://www.carersresource.org)

Facebook: @carersresource  
Twitter: @carersresource



Carers' Resource is a charitable company limited by guarantee.  
Registered charity 1049278.  
Registered office: Unit 3, Grove Park Court, Grove Park Terrace, Harrogate HG1 4DP



# carers' resource

*you care for them, we care for you*

## Do you have a relative in hospital?

## Or are you worried about how you or your relative will cope when they go home?

## Our carer teams are here to help.



# Our hospital-based services

If you need support from MAST hospital-based services, please speak to your health professional and ask them to refer you to the service.

If you need support from Carer Navigators, please call us on 0808 50 15 939.

For more information about the other services provided by Carers' Resource, please visit our website:  
[www.carersresource.org](http://www.carersresource.org)



# Carer Navigator Service

You may not think of yourself as a carer, but you probably are.

A carer is someone who provides unpaid help and support to a family member or friend who could not manage otherwise.

## What can we do?

-  Help you be recognised as a carer and support you where you have concerns.
-  Attend meetings with you, if you feel you need us to be there.
-  Tell you about carer benefits and assessment entitlements.
-  Connect you to other services.
-  Liaise with health and social care professionals.
-  A community-based worker can support you once the person you care for has been discharged from hospital.





We are based in Airedale General Hospital and Bradford Royal Infirmary.

# MAST (Multi Agency Support Team)

We work in partnership with Project 6, The Cellar Trust, Hale, and Keighley Healthy Living. Each organisation focuses on a specialist area providing support to frequent attenders. Our Hospital and Community Coordinators can help, enable and support a timely discharge, reducing risk and reducing re-admissions.

## How we can help

We provide specialist support to individuals while they are in hospital, and liaise with other health and social care professionals to support a safe and timely discharge. Once you are discharged we will follow this support at home after discharge for up to 4 weeks. This service is for you if you are:

-  Elderly or frail in Airedale General Hospital or Bradford Royal Infirmary.
-  Referred to our service by hospital/ward staff.
-  In need of specialist support in hospital and after discharge.
-  In need of signposting to other services.

We want to support and enable you to be as independent as possible. This team is based in Airedale General Hospital and Bradford Royal Infirmary.