



**BACK CARE SERVICE
FOR CARERS IN
TANDRIDGE, REIGATE/REDHILL AND HORLEY**



Action for Carers Surrey (ACS) is a charity led by Carers for Carers supported by health professionals, social services and the voluntary sector.

The ACS Back Care Service provides one to one support directly to Carers in their own home. By offering training and advice in safe moving and handling techniques, we aim to bring about positive health gains for both Carer and the person they care for.

Our role is **'to protect Carers' backs'** by preventing back pain and injury.

Jane (Reigate/Redhill and Horley) and Lynn (Tandridge) are nurses by profession. They are qualified manual handling trainers and undertake regular training and professional updating.

We provide a full manual handling assessment and as many visits as necessary to ensure the Carer is trained and confident in moving and handling, using new or existing equipment. We loan equipment for trial and give information on back care, exercise and maintaining a healthy lifestyle.

We work closely with the statutory and voluntary agencies, promoting the needs of Carers and making appropriate referrals.

Please contact us:

Jane Rowe - Moving and Handling/Back Care Adviser - Reigate/Redhill and Horley
Office 01737 226586, Mobile 07734 845302, jane.bca@actionforcarers.org.uk

Lynn Graffham - Moving and Handling/Back Care Adviser - Tandridge
Office 01483 533645, Mobile 07841 231198, lynn.bca@actionforcarers.org.uk