

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



Action for Carers Surrey (ACS) is a Carer led charity 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, they aim to bring about positive health gains for both Carer and the person they care for.

Their role is "to protect Carers' backs" by preventing back pain and injury whilst undertaking moving and handling tasks in their caring role.

Annie Ruff is a nurse by profession and Kush Nugent has a background in occupational therapy. They are qualified manual handling trainers and undertake regular training and professional updating.

They 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. They loan equipment for trial and give information on back care, exercise and maintaining a healthy lifestyle. They work closely with the statutory and voluntary agencies, promoting the needs of Carers and making appropriate referrals.

Their contact details are:-

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