



# Lincolnshire Parent Carer Forum

Registered Charity No: 1141060

## Feedback from Sheena Goodey – Lincolnshire Carers Service

### Parents Voice Report Oct – Dec 24

#### Page 28 – Recognition of being a parent carer:

In response to the question on page 28, Parents Helping Parents - Recognition as a Child's Parent / Carer in Health Services FB 27 Nov 24

I can add more context to this.

Firstly, we encourage all carers to register with their GP as a carer and have a letter which we encourage them to use which was launched on Carers Rights Day 2024 (attached). This could allow them access to

- Health information and vaccinations, such as the annual flu vaccination
- Access the NHS Health Check for unpaid carers who are aged 40-75
- Flexible appointments
- Make their GP aware so they understand the impact on the carers physical health and emotional wellbeing.

In the query from the parent carer, they were looking specifically for support around their employment working pattern and the flexibility of working from home. Part of the Lincolnshire Carers Service is to support carers in employment understand their rights, request flexibilities, support with conversations and make employers carer aware. So for this particular parent, if they haven't already done so, I would recommend that they do an online referral into LCS and specifically ask for employment support. [Request for support – Request for support form - Lincolnshire County Council](#)

#### Letter for GP

[https://www.lincspcf.org.uk/DocsPDF/poth\\_gp\\_letter\\_v4.pdf](https://www.lincspcf.org.uk/DocsPDF/poth_gp_letter_v4.pdf)