

Carers' Champion Newsletter



Carers' Champion

Spring 2013

We're on the Web!

www.springmead-surgery.co.uk

Dr Andrew Tresidder Retiring May 2013

At the end of May 2013 Dr Andrew Tresidder will retire from Springmead Surgery.

He writes:- *I am privileged to have worked as part of an excellent team of Doctors, Nurses and Admin staff at Springmead for over 23 years.*

It has been a great pleasure to have known so many wonderful people as patients and staff for all this time. I have learnt so much from my time here, and I cannot believe where all the years have gone. I particularly treasure the richness of the relationships and friendships I have shared with so many people.

I am leaving an excellent team, and I am confident that Springmead Surgery will go from strength to strength. I shall be continuing with work on Patient Safety, Bach and other Flower Remedies, Physician Health and look forward to completing the next book or two!

Thank you to all the people of Chard and area for all your support over the years.

Dr Andrew Tresidder

New venue for the Chard Carers Support Group

The local Chard Carer's Support Group meets on the 2nd Monday of every month at the new location of the English Martyr's Church in Fore Street, Chard from 10.30am to 12noon.

All carers are welcome and if you are wanting further information please contact the Group Leader, Pat on 01460 220026.

The new service for Carers in Somerset



Compass Carers offer information, advice and emotional support.

For general carers information and advice on where more specialist support can be found ring their Advice Line - 01823 255911 (opens February 2013)

Training - Dates and venues are currently being identified and a programme of training will be circulated in the near future.

Magazine - Compass Carers magazine is a quarterly magazine, with articles, news, reviews and information by and for carers. Simply email or telephone to request a copy

Opening times - Monday to Friday 10am until 4pm (Excluding Bank Holidays) They can be contacted by email on info@compasscarers.org.uk

These other services may also be of help:

NHS Carers Direct Helpline - 0808 802 0202

Call the Carers Direct helpline if you need help with your caring role and want to talk to someone about what options are available to you. If you are busy at certain times of day, you can send them a message to ask them to [call you back](#) for free at a time that is convenient to you.

The helpline is open from 9am to 8pm Monday to Friday, and from 11am to 4pm, at weekends. The helpline is closed on bank holidays. Calls are free from landlines and mobiles within the UK.

Carers UK Advice Line - 0808 808 7777

Carers UK provides high quality advice and information to carers and the professionals who support carers.

Staffed by experts, they have years of experience of dealing with the problems carers face. If you call on a Monday between 9am - 9pm your call will be answered by a volunteer who will provide you with time to talk and can also book a call back from an Advisor.

If you call on a Wednesday or Thursday 10am -12noon and 2pm - 4pm your call will be answered by an Advisor.

At all other times, or when the lines are busy, you will go through to an answer machine where you can leave your name and address to receive a Carers Rights Guide.

We hope you find this information helpful, if you have any ideas for our next newsletter, please let Kirsty know.