

# Carers' Champion Newsletter



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Spring 2012

## Carewell

Carewell is a new website ([www.carewelluk.org](http://www.carewelluk.org)), created by a partnership between Bupa, Carers UK and MEND, which is designed to encourage and support carers to make positive changes to be healthier and happier.

Drawing on the tips from carers and health experts Carewell pulls together a range of information, support and guidance aimed at helping to improve the health and quality of life for carers themselves which will ultimately support them in continuing to provide better care for their friends and family.

The website starts with 'Energy to Care', which is packed with useful tips and guidance including how to manage stress levels, getting a better quality night's sleep, eating healthily and how to increase physical activity on a busy schedule.

**We're on the Web!**

**[www.springmead-surgery.co.uk](http://www.springmead-surgery.co.uk)**

## Chard Carers Support Group

The meeting arranged for March will welcome a representative from SSAFA (Soldier, Sailor, Airmen and Families Association)

Due to the second Monday in April being the Easter Bank holiday the meeting will take place on Monday 16th April and a talk will be given by someone from the RNLI.

The group meets at the Choughs Inn in High Street, Chard, on the second Monday of each month at 10:30am until 12noon. This friendly group offers the opportunity for all carers to meet in a relaxed atmosphere for support, advice and a listening ear.

## **Living With, and Beyond, Cancer**

### **Friday 23rd March 2012 at Haynes Motor Museum, Sparkford**

Free one day event designed for those affected by a cancer diagnosis including carers, family or friends. The content of the day will include presentations/discussions led by healthcare professionals.

- How to live beyond a cancer diagnosis
- Coping with the emotional effects of cancer
- Diet and lifestyle: returning to health/getting fit after a cancer diagnosis
- How your GP can help you
- Money worries: where to go for financial help
- How to access support for all those affected by the cancer diagnosis
- Opportunities to meet cancer nurse specialists and other healthcare professionals
- Exhibitors from a range of specialities
- Clinical trials
- Oncology treatments

The event is **free** to attend but **booking is essential**.  
**Sign-in from 9.30am, start at 10am and finish by 4pm**

A complimentary light lunch and refreshments will be provided.  
Limited transport options are being negotiated: please enquire for further information.

For booking and transport enquires please contact: Elaine Cox, Yeovil District Hospital Academy. Tel 01935 384529

### **Welcome to Dr Miranda Benicki**

We would like to welcome Dr Miranda Benicki who has joined the Surgery for 6 months. Dr Benicki is a GP Registrar and is with us as part of her training to gain experience as a GP.

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