

Carers' Champion Newsletter



Carers' Champion
Winter 2011

HEALTH CHECK FOR CARERS

We recognise how important carers are to the health and wellbeing of those they care for. It is therefore important that we care for our carers. In the New Year, we will be introducing *free* Health Checks for our carers.

Everyone is at risk of developing heart disease, stroke, diabetes or kidney disease, but the good news is that these conditions can often be prevented. Your Health Check will help you prepare for the future and take steps to maintain or improve your health.

We will assess your risk of developing heart disease, type 2 diabetes, kidney disease and stroke by:

- asking simple questions about your family history and any medication you are taking
- Recording your height, weight, age, sex, ethnicity
- Taking your blood pressure and a simple blood test to check your cholesterol levels

Your results will be explained to you, and you will be advised how to maintain your health for the future.

We will be writing to all carers when this service starts to invite you to a healthcheck, but if you are interested and would like to put your name down for an early health check, please contact us on **01460 63380**.

We're on the Web!

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

CHRISTMAS AND NEW YEAR

We will be closed:-
Monday 26th December
Tuesday 27th December
&
Monday 2nd January

If you require a GP urgently during these times please ring the **Dorset & Somerset Urgent Care Service** on **0845 408 8000**. Alternatively you can contact **NHS Direct** on **0845 46 47** and speak to a Nurse.

Please take these dates into account when you are ordering your repeat prescriptions, you may need to request them early.

Please turn over...

