

Carers' Champion Newsletter

Winter 2012



A new service for Carers in Somerset



Somerset County Council has contracted with Compass Disability Services a Somerset based User Led Organisation to deliver a County wide support service for Carers, the new service will be known as Compass Carers.

The overall aim of the service will be to support Carers, recognising the value and contribution they make to society offering individual support to enable them to maintain their caring role whilst having a life outside of caring.

This will be a brand new service in Somerset and Compass Disability Services will start establishing the service from the 1st October 2012. The official launch of the service will be the 4th February 2013 where all of the service will be in place.

DON'T FORGET YOUR FLU JAB!

If you are the main Carer for an elderly or disabled person, whose welfare may be at risk if you fall ill, then you are entitled to have the flu jab.

We still have flu jabs available so if you would like to have one please ring the surgery to make an appointment or if you have any queries please speak to a Practice Nurse.

**We're on the
Web!**

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

**We wish you all a
very Merry
Christmas and a
Happy New Year!**

CHRISTMAS AND NEW YEAR



We will be closed:
**Tuesday and Wednesday 25th & 26th December
& Tuesday 1st January 2013**

Christmas Eve & New Years Eve:
**we will be open as usual in the morning and for
emergencies only in the afternoon.**

We will be open as usual on 27th & 28th December.

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, as you may need to request them early.

We cannot guarantee any prescriptions handed in after 20 December 2012 will be processed before Christmas.

HAVE YOU BOOKED YOUR NHS HEALTH CHECK?

NHS Health Checks are being offered to people aged between 40 and 74 once every five years, and to carers as we recognise how important it is to maintain their health to support themselves and those they care for.

The check is to assess your risk of developing heart disease, stroke, kidney disease or diabetes. If there are any warning signs, then together we can do something about it. By taking action early you can improve your health and prevent the onset of these conditions. There is good evidence of this.

The check should take 20-30 minutes and is based on straightforward questions and measurements such as age, sex, family history, height, weight and blood pressure. There will also be a simple blood test to measure your cholesterol.

If you would like to accept this opportunity for a free NHS Health Check, please contact us on 01460 64457 and ask to make an NHS Health Check appointment.

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