

DO YOU LOOK AFTER SOMEONE?



Do you look after someone who could not manage without you?

Bedminster Family Practice
Regent Road
BRISTOL BS3 4AT
Tel: 0117 966 3149
www.bedminsterfamilypractice.co.uk

Standard Surgery Times: Mon—Fri 8.30am—6.30pm
(We also offer extended hours and some Saturday clinics. Please contact us for details)

Out of hours:-

Emergency: Phone 999

NHS 111: You should use the NHS 111 Service if you urgently need medical help or advice which cannot wait until the surgery re-opens

What is a Carer?

You may be a carer if you provide help and support to a partner, relative, child, friend or neighbour who could not manage without your help due to physical or mental illness, disability, frailty or addiction. There are thousands of unpaid carers in Bristol.

Many people don't think of themselves as carers; they just look after someone close to them. Caring often just happens and you find that someone close to you gradually needs more help.

Your Own Health

As a carer, it is important that you look after your own health. Here at Bedminster Family Practice we want to do all we can to help you stay as fit and healthy as possible.

For example we offer free flu vaccinations to carers and access to a simple Carers Assessment.

We keep a register of our patients who are also carers so we can let you know about any new services or support that becomes available.

Please register yourself as a carer by asking our Reception team for a Carers' pack

Support for you

All carers need some help and support at times. Caring without support from others can present risks to your own health and wellbeing. It can feel isolating and it is often a struggle to get the information you need.

Carers Assessments can connect carers to the support they need and result in a one-off payment to help them take a break from caring. They are available to carers who are registered with a GP practice in Bristol and who are not currently in

Carers Support Centre

The Carers Support Centre is a local organisation who provide information and advice relating to all aspects of caring and related services.

They may be able to help by;

- Putting you in touch with organisations offering specialist support, for example, in relation to dementia, mental health problems or strokes
- Advising whether any financial help is available for you or the person you look after
- Putting you in touch with carers groups that meet regularly to share practical ideas and friendship
- Advising how you might benefit from a Carers Emergency Card

Call them, confidentially, on 0117 9652 200

Useful Contacts:

Carers Support Centre

For information, advice and services focussed on supporting carers;

Carers Line :0117 965 2200

Opening Hours: 10am–1.00pm and 2pm–4pm (Mon, Tues & Thurs), 10am–1pm, 2pm–4pm and 5pm–8pm (Weds), 10am–1pm (Fri), 10am–1pm (Sat)

www.carerssupportcentre.org.uk

Bristol City Council Health and Social Care

For information, advice, carers assessments and may also deliver care and support services.

Care Direct: 0117 922 2700

Website: www.bristol.gov.uk

Well Aware

Provides information on health, wellbeing and community resources.

Telephone: 0808 808 5252

Website: www.wellaware.org.uk