

BRIDGE MEDICAL CENTRE

Carers Newsletter— February 2021

We are proud to announce that Bridge Medical Centre has worked through the NHS England initiative of “Supporting Carer’s in General Practice”. A voluntary project team was formed from different areas of the Practice who came together to work through six quality markers with a view to improving carer’s health-related quality of life and reducing carer breakdown. We are now proud to publish the current Declaration on our website setting out the key actions and changes we have made. We will return to this project in the Spring with a view to extending its scope further. It has been a very rewarding project and has touched many of the staff who have worked towards our published Declaration.



How to register as a carer?

If you are a carer please let us know by completing the form on our website:

<https://www.bridgemedicalcentre.co.uk/carers-support>

How Can We Help?

- Free Annual Flu Jabs
- Screening and health checks
- Flexible appointments
- Referral to Our Care Support Worker
- Quarterly Carers Newsletter and Carers pack

Did you know we have a carers pack?

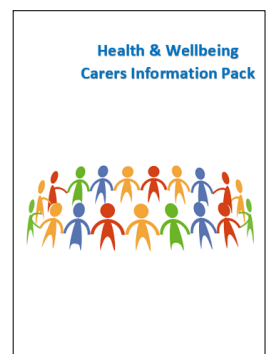
Our Carers Pack includes information from a number of sources gathered together in one pack to help you find your way through the mass of paperwork and information available to you.

This pack includes information on:

- Health and Wellbeing
- Debt and finances
- Emotional support and mental wellbeing
- Helpful contacts

If you are interested in a pack please contact the Practice via our website:

<https://www.bridgemedicalcentre.co.uk/ask-reception-a-question>



BILINGUAL COUNSELLING SUPPORT



Carers Support West Sussex are offering bilingual counselling support to ethnic minority carers who feel they need a safe and confidential space to be heard. Counselling can help you make sense of your emotions and enable you to improve your wellbeing moving forward.

What is this service?

Registered carers may be entitled to six counselling sessions on a one to one basis. Each fifty minutes session will be with a qualified therapist who will listen to you and find ways to help you deal with any emotional issues you are experiencing, which may not be related to your caring role.

Who is this service for?

This is a free to access service for ethnic minority (also referred to as BAME) carers living in West Sussex (or caring for someone who lives in West Sussex), registered with Carers Support West Sussex, over the age of eighteen.

Currently, the bilingual counselling sessions will be offered in the following languages:

Hindi, Gujarati, Mauritius Creole, Polish, Punjabi, Urdu and English.

If your preferred language is not listed, please contact Carers Support West Sussex to find out how you can be accommodated.

How to register?

You can either call 0300 028 8888 or email info@carerssupport.org.uk

CARERS HEALTH TEAM

Carers Health Team is a free service provided by Sussex Community NHS Foundation Trust for informal carers aged 18+ registered with a West Sussex GP.

They aim to improve both your own health and the health of the person you are looking after. The Carer Health Clinicians will work in partnership with you to provide personalised one to one advice and information.

This could include:

- Practical advice and training to help you in your caring role, such as safe moving and handling techniques and managing medication
- Information and advice on other services to help you in your caring role and lead a healthier lifestyle.
- Advice and information to help you plan for the future and guide you through the complex health and social care system.
- Referral for NHS health check/screening.

For more information contact the team at 01243 623521 or sc-tr.carerwellbeing@nhs.net

