

Fireclay Health Appointments

If you need to contact us for an appointment to see a doctor or another member of the Practice Team, please contact:

Fireclay Health St George

Bellevue Road, St George, Bristol, BS5 7PH
Telephone 0117 961 2161

Fireclay Health Lodgeside

22 Lodgeside Avenue, Kingswood, Bristol, BS15 1WW
Telephone 0117 961 5666

Usual Opening Hours: Monday to Friday 8.00am – 6.30pm

Useful Contacts

The Carers' Support Centre

Provides you with information and advice; and details of services that might be useful

Carers Line 0117 965 2200

www.carerssupportcentre.org.uk

Bristol City Council Health and Social Care

Provides information, advice, carers assessments and may deliver care and support services

Care Direct 0117 922 2700

www.bristol.gov.uk

Well Aware

Provides information on health, wellbeing and community resources

0808 808 5252

www.wellaware.org.uk

LOOKING AFTER SOMEONE



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



FIRECLAY HEALTH

Your Health is Our Concern

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.

Anyone can become a carer — children, parents, daughters, sons, spouses, partners and friends. Many people don't think of themselves as carers; they just look after someone close to them. Caring often just happens to you, as you find that someone close to you gradually needs more help.

Support for you

Becoming a carer can feel isolating and it's often a struggle to get the information you need.

When you are looking after someone, it's important to have some help and support for yourself, such as a break from caring. Your local Council (social services) will be able to tell you how they can help and explain about Carers Assessments.

The Carers' Support Centre is a local organisation that can provide you with information and advice on any aspect of caring and services that might be useful (e.g. the Carers Emergency Card).

They can put you in touch with other organisations that offer specialist support, for example about dementia, mental health problems or recovering from a stroke.

The Carers' Support Centre can also advise on any financial help you or the person you look after may be entitled to. There are also carer's groups that meet regularly to share practical ideas and friendship.

Call the Carers' Support Centre confidentially:
Carers Line 0117 9652200

Your Own Health

As a carer, it is important that you look after your own health; it is easy not to look after your own health when you are looking after someone else. At Fireclay Health we want to be able to do all we can to try to help you to stay as fit and healthy as possible.

We will do our best to help you look after yourself as well as the person you care for. For example, we offer flu vaccinations to carers each Autumn. We keep a register of carers who are our patients so that we can let you know about any new services or support that becomes available.

Please register yourself as a Carer at reception