



Catherines Well, Milton Abbas, Blandford Forum, Dorset DT11 0AT

Dear Carer,

My name is Kelly and I am the Carers Lead for Milton Abbas Surgery. Some of you may already know me as I am also a Receptionist and the Social Prescribing Lead at the surgery.

I am writing as you are registered at the surgery as being a carer for someone, and as Carers Lead, I am here to provide unpaid carers with information and support available. If you are no longer providing care for someone, please let us know and we can update your records.

During these unprecedented times it is more important than ever that you feel you are being supported, so I wanted to make you aware that we now have a dedicated page on our surgery website (www.masurgery.co.uk) for carers. This page has links to resources and support that you may find useful.

You may also find it useful to follow our surgery Facebook page @miltonabbassurgery for the latest surgery news and useful information.

If you are looking after someone over the age of 18, I would also encourage you to register with Carer Support Dorset if you have not already done so. Carer Support Dorset can help you to access services and information to make your caring role easier. They are also able to give you access to the Dorset Carers' Card which can save you money. You can sign up online at www.carersupportdorset.co.uk. If you do not have access to the internet, please let me know at the surgery and I can register you.

The Leonardo Trust have produced a booklet called 'If Only I'd Know That'. It contains one carers account of their experiences along with a Carers Information Directory. If you would like a copy of this booklet, please let me know and we can put one aside for you to collect from the surgery.

Thank you for everything you do as a carer, the NHS could not survive without you. If there is anything that I can help with in the future, please do not hesitate to contact me on 01258 880210 or send an email to miltonabbassurgery@nhs.net for my attention.

Kind regards,

Kelly

Kelly Best

Receptionist/Social Prescribing & Carers Lead

Dr Martin Longley. MBBS,MRCGP,DRCOG

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