

# Bridgwater Bay Health Federation

Cranleigh Gardens Medical Centre, Cannington Health Centre, East Quay Medical Centre,  
North Petherton Surgery, Polden Medical Practice, Quantock Medical Centre,  
Redgate Medical Centre, Somerset Bridge Medical Centre,  
Taunton Road Medical Centre, Victoria Park Medical Centre.



## Are you as prepared as you could be?

Very often we are not prepared for difficulties and this can create a lot of stress that could be avoided with a bit of planning ahead.



Below is a list of things to think about and prepare for, so if you are caught out this winter, you can avoid these stresses.

### Staying Healthy - in mind and body

Remember to get your FLU jab, eat healthily (have at least 1 hot meal a day), keep hydrated, keep active (wear shoes with a good grip) and a scarf, keep warm (Keep home at 18 C/ 85 F and wear layers of clothing) and socialise.

### Transport

- We know fewer roads will be gritted this winter. Make sure you have enough provisions and medication at home for a week or two so that you don't need to go out when the icy weather comes.

### Worst Case Scenario

- Think about what you need to have in place if you had to go into hospital?
- Is someone else dependant on you?
- Do you have to look after anyone, cook for them give them their medicine, take them somewhere? Make sure they have thought about a back-up plan if you can't help.
- Do you have any pets? Who could look after them if you need to spend a few days in hospital?
- Do you have a list of loved ones, and their contact details, in an obvious place in case someone needs to contact them for you? Do you need to update your Doctors records with your next of kin contact details?

### Other People who can help include:

Carers Support - for advice and support if you are caring for someone **0800 3168 600**

Independent Age -for help and support to keep you independent **0800 319 6789**

The Silver line - A help line for older people **0800 470 8090**

*Use the Back of this Leaflet to make YOUR PLAN*

Chair: Rachel Stark 01278 440400 rachel.stark1@nhs.net  
Vice-Chair: Dr Harry Smallwood 01278 720000 h.smallwood@nhs.net

*Our Patients  
Their Future*

Your Name:	
Your Next Of Kin: Name, Contact Details:	
Your Neighbours Names and Telephone numbers if you need to ask for help:	
Who do you look after?	
Who would be able to help if you were unable?	
Who will look after your Pets if you are unable:	