

MYTHE MEDICAL PRACTICE CARERS' GROUP

Newsletter Number 27



2018-2019 CARERS' GROUP MEETINGS	
Meetings in The Hutchison Room (Ground Floor) at The Devereux Centre, Barton Road, Tewkesbury, GL20 5GJ. 10.30 a.m. – 11.30 a.m.	
DAY	DATE
MONDAY	10 th September 2018
MONDAY	8 th October 2018
MONDAY	12 th November 2018
MONDAY	10 th December 2018
MONDAY	14 th January 2019
MONDAY	11 th February 2019
MONDAY	11 th March 2019
MONDAY	8 th April 2019
MONDAY	13 th May 2019
MONDAY	10 th June 2019
MONDAY	8 th July 2019
MONDAY	12 th August, 2019
MONDAY	9 th September 2019
MONDAY	14 th October 2019
MONDAY	11 th November 2019
MONDAY	9 th December 2019
MONDAY	14 th January 2019
MONDAY	11 th February 2019
MONDAY	11 th March 2019

FLU VACCINATIONS 2018

Influenza is a serious disease but vaccination is the best way to reduce the risk of getting sick or spreading it to others. If you receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill it is important that you protect yourself by taking advantage of a free influenza vaccination.

This year we are going all out to make it as easy as possible for you to have your flu vaccination carried out by the Practice. As usual we will be holding our Saturday morning Clinics on the following days :



Saturday 13th October 2018 08.30 – 11.00

Saturday 10th November 2018 08.30 – 11.00

Please book your appointment beforehand (01684 293278)



We are also holding evening clinics on :

Thursday 4th & 8th October and 1st November 2018 5.00 p.m. – 7.00 p.m.

Please book your appointment beforehand (01684 293278)

If you are seeing your GP or a Practice Nurse/Health Care Assistant during October they will also be pleased to vaccinate you – just ask at your appointment

NEW FOR THIS YEAR - COMMUNITY FLU CLINICS :

Northway Community Hub 22/10/18 10.00-12.00

Ashchurch Village Hall 23/10/18 10.00-12.00

Jubilee II Neighbourhood Centre, Priors Park 24/10/18 10.00-12.00

Holy Trinity Church Hall, Oldbury Rd 25/10/18 10.00-12.00

Wheatpieces Community Centre 26/10/18 10.00-12.00

Please book your appointment beforehand (01684 293278)

PLUS

FLU HOT SEATS!!

Again we will be offering the very popular Hot Seats – this is an opportunity to call in during the following hours WITHOUT AN APPOINTMENT between 1st October and 2nd November :

08.30 a.m. to 12.30 p.m. and 2.00 p.m. – 5.00 p.m.

Just let the Receptionist know that you have arrived for a "Flu Hot Seat Appointment" and we will fit you in with one of our Nurses.

NEWS FROM ROGER HARE AT CARERS GLOUCESTERSHIRE

CONNECTING CARERS – NEW PILOT

For a little while 'Carers Gloucestershire' has been wondering about the potential helpful impact of putting some staff on-the-ground to

- Identify Carers who are experiencing some level of social isolation and
- Where appropriate, support and accompany them to access activities, groups and other opportunities that they're not doing at the moment.

The decision has been made to run a 12-month pilot (called '**Connecting Carers**'), to see if this approach is a useful one. Two members of staff have been seconded to be project-workers for this in the Forest of Dean & Tewkesbury, with immediate effect..... and Roger is one of them. To start getting the word out into the Tewkesbury area Roger will be attending all our Community Flu Sessions and you will also find a Referral Sheet with this Newsletter in case you feel that the new pilot could be of benefit to you.

Cooking with Dementia

With thanks to Sam Couldrey, *Community Wellbeing Social Prescriber in Tewkesbury*, for forwarding this information from a Social Care Assessor in Tewkesbury :

I have become aware of a service that is available free from the local gas network supplier. It is possible to get a LOCKING COOKER VALVE fitted free of charge for 'customers who can no longer operate their gas cooker safely, such as people living with Alzheimer's or Dementia, who may be at risk of **harming themselves and their home by leaving gas unignited or forgetting to turn the hob off**'. The local supplier for this area is Wales and West Utilities and more information can be found on this page - <http://www.wwutilities.co.uk/services/safe-warm/priority-customers/supporting-you/>

Keep Safe in Gloucestershire; peace of mind for Carers

The 'Keep Safe Scheme' offers support for people with learning disabilities, physical disabilities, Autism and dementia, county-wide across Gloucestershire.

How the scheme works

All adults are welcome to register as a member of the 'Keep Safe Scheme', which identifies *safe places* where assistance can be sought when required. Members nominate two people as emergency contacts and carry a Keep Safe membership card bearing the contact numbers.

If a member should need help while they are away from their home environment they have only to look for the 'Keep Safe' logo in the windows of shops and businesses that have signed up to the Scheme. Staff in the shops provide assistance by telephoning the contact numbers shown on the person's 'Keep Safe' card. Businesses that register to be a Safe Place receive appropriate training for their staff in disability awareness, dementia awareness and communication skills.

For more information info@keepsafeglos.org.uk 07707 787 580

Carers Parking Permits

With thanks to Rachel Jones from '**Cheltenham Communications**' for this information from Glos County Council.....

Professional organisations and family members are eligible for 'carer parking permits', free of charge. Proof that an individual requires care in their home will need to be supplied before a permit is issued

<http://www.gloucestershire.gov.uk/roads-parking-and-rights-of-way/parking/parking-permits-and-zone-maps/>

Longfield's Positive Caring Course

Course Dates: 10th September, 17th September, 24th September & 1st October 2018 Time 10.30 am – 1.00 pm

The Positive Caring Course is a free, four-week course held at Longfield and provided in conjunction with Carers Gloucestershire. It is for carers of people with life limiting illnesses to meet with other carers to share experiences, gain support & access useful information. Refreshments will be provided. Attendance is once a week for four weeks. Each session lasts two and a half hours.

Topics covered include: What it means to be a Carer, managing emotions and stress, the practicalities of caring, looking after yourself, juggling caring with other demands, communicating with others including professionals. To book, or for more information, please contact:

Day Services on 01453 886868
or e-mail: day.services@longfield.org.uk



SHINGLES VACCINATION - ARE YOU ELIGIBLE?

If so - make an appointment now

1 April 2018 – 31 March 2019

Shingles eligibility

✓ Eligible
✗ Non eligible



Patients remain eligible for the shingles vaccine up until their 80th birthday.

Looking Back ... at our Carers' Event

The Practice held a very successful Carers' Event jointly with Church Street Surgery at The Devereux Centre in March of this year. We only just avoided a white-out with the late snow but thankfully by Tuesday 6th March the roads had cleared enough for us to go ahead.

We were very grateful to Maddy and Ivona who run our Carers' Group as well as our fantastic Patient Participation Groups (from both Practices) who helped on the day. A special thank you to Pauline without whose rotas the Event would not have run so smoothly.

CARERS' HEALTH & WELLBING CHECKS

Your health and welfare are important not only to yourself but also to the person you care for to enable them to continue living independently.

There is a particular impact that caring has on a Carer's health and well-being, employment, study and leisure interests. This is where the Practice can help "you".

For instance, you are entitled to an annual health check and influenza vaccination. Please take advantage of these services at the Practice. You can make an appointment for a health check with one of our Practice Nurses. Details of Flu appointments are available in this Newsletter.

Or come along to our monthly coffee mornings - it gives an opportunity for Carers to meet together and share experiences, information, help and support. If you are unable to get to the meetings because of your caring responsibilities then contact Roger Hare (Carers Gloucestershire) to find out what help is available to give you a break or some help :

☎ 0300 111 9000 or rhare@carersgloucestershire.org.uk



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