

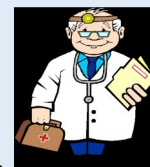


The Wrythe Green Surgery
Wrythe Lane, Carshalton, SM5 2RE,
Carshalton. Tel. 020 8669 3232

October 2017

PATIENTS PARTICIPATION GROUP NEWS

Practice News



1. Extra GP and Nurse appointments: Important Information

a. As previously reported appointments can now be pre-booked for after working hours and at weekends. Patients need to contact their registered GP Practice in the usual way and ask their GPs' receptionist for an appointment. In addition, from October 2017 it will be possible to ring 111 to book an appointment.

Please Note: Confusion has arisen over the address of the Wrythe Green Surgery out of hours hub. The correct address is: **Wrythe Green Surgery, Wrythe Lane, SM5 2RE**. **Please do not go to the Green Wrythe Surgery, 411a Green Wrythe Lane, The Circle, SM5 1JF.**

Please remember to cancel an appointment if you find you are unable to attend. The dedicated number to ring is: 07578 813838.

b. **Dressings for Extra GP and Nurse Appointments**: Patients should note that if a dressing is required then they should obtain this from their own surgery first and take it with them to their appointment.

2. Shingles Vaccinations update

Patients are now eligible for Shingles Vaccinations from the age of 70-74 or aged 78-79 years.

3. Race for Life - 1st July 2017

Congratulations to the members of Staff at Wrythe Green Surgery who raised £4,060 for Cancer Research UK! Thank you to everyone who sponsored them for this 5km race.

Sutton Carers Centre, A Talk by Celia Johnson

On 5th September, Celia Johnson, Sutton Carer's Senior Support & Development Worker, spoke to our PPG about the Centre's work.

1. Recognition of Carers A Carer is anyone who, without payment, looks after or provides help and support to a partner, child, relative, friend or neighbour

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etc. who could not manage without their help.

This could be due to age, physical or mental illness, addiction or disability. Celia gave other examples, such as giving emotional support to someone by phone who lives far away, or helping a neighbour with everyday tasks, mobility or lifting, with mental illness or helping someone to engage with help available, or to manage their finances with the power of attorney etc.

Anyone can become a Carer and they can come from all walks of life, all cultures and can be of any age. Many Carers do not see themselves as “a Carer,” they feel they are just looking after a parent, child, friend...just getting on with it and doing what anyone would do in the same situation. Celia encourages GP

Surgeries to highlight who Carers are by producing a poster for notice boards etc. and Sutton Carers Centre leaflets can be provided too.

A considerable number of Carers also work outside the home, have children too and are trying to juggle jobs, or study around their caring responsibilities. Taking on a caring role can be rewarding, but it can also mean a life of poverty, isolation, ill health and depression. The majority of Carers struggle alone and do not know that help is available.

2. Sutton Carers Centre

1st floor, 12-14 Benhill Avenue, Sutton, SM1 4RZ. T: 020 8296 5611, 24hrs. Open Monday - Friday, 9 am - 5 pm, (Tuesdays until 8 pm & 2nd Saturday of every month, 11 am – 1 pm).

People are welcome to visit. It's just off the High Street by the bus stop on the same side as, The Grapes pub. Sutton Carers Centre is linked to the national charity, Carers Trust, which supports Carers through a network of centres across the UK.

3. Sutton Carers offers:

- Advice, information and support - Celia gave examples including information about managing the risks of caring for someone with dementia, substance misuse or mental health issues.
- Emergency planning for Carers to carry a card stating, “I am a Carer,” so in the event of an accident, the emergency services know that someone at home needs care.
- Training in Budget Management Skills
- Finding Respite Care or Admiral Nurses for people with Dementia or paid Care services, Financial Assistance or Holiday Residential Care.

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- Benefit checks with a welfare specialist adviser, assistance completing benefit forms or accessing funds or grants for Carers
- Supported referrals to other agencies
- A confidential counselling service for Carers
- A Young Carers Service including the AYCES Project, (for young carers of people with Mental Health or Substance Misuse Issues). Celia also told us about activities for Young Carers to enjoy.
- Various support groups and opportunities to meet other Carers in a similar position, including a group for former Carers and also a monthly Saturday information session for newly registered and Lone Carers. Celia gave other examples including groups for Mental Health Carers, Personality disorders or Learning Disability, Aspergers or Autism, and for Male Carers. Regular updates and newsletters for Carers and the Young Carers, “Cool News.”
- Social and recreational activities including weekly coffee mornings, yoga, meditation and relaxation sessions plus Complementary therapies such as Reflexology and massage.

Celia encourages GPs to refer Carers to the Sutton Carers Centre and the Centre will help GPs to recognise Carers. Carers are also encouraged to let their GP know they are a Carer and Patients who have carers are also encouraged to let their GP know who their Carer is.



The next meeting of the PPG will be held on:

**TUESDAY 5 December 2017, from 1 – 3 pm at the
Wrythe Green Surgery**

Come and find out about healthcare developments in our area.

All Wrythe Green Surgery patients are welcome to attend.

Refreshments will be available.

If you would like to receive PPG and surgery updates by email and text, please complete this slip and hand it in at Reception.

Name: _____
 Email _____
 Mobile Phone No. _____