



Cheddar Medical Centre
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August 2017

**CHEDDAR MEDICAL CENTRE AND
 CHEDDAR PATIENT GROUP**

Newsletter

www.chedmed.co.uk

OPENING TIMES

Monday-Friday
 8:30-6:00pm

Telephone lines are closed 1-2pm except for emergency calls

For medical emergencies after 6:00pm, please call 999 or the Out of Hours service on 111

“Sometimes we need someone to just listen. Not to try and fix anything or offer alternatives, but to just be there... to listen. An ear that listens can be medicine for a heart that hurts.”
 — Steve Maraboli (Author, Speaker and Behavioural Scientist)



The Patient Group is holding a **Type 2 Diabetes Awareness, Prevention and**

Diet Evening at Cheddar Methodist Church Hall on **Wednesday 27 September** at 7pm. Karen Rose, Senior Specialist Diabetes Nurse will be leading the evening and Jane Puzey Senior Diabetes Dietitian will talk about the influence of diet. There will be a Q and A session with Dr. Davies. Refreshments. Free entry.

HEALTHFEST 2107

Saturday 28 October 9.30am to noon

21+ information and help stalls

Free entry and good refreshments

Raffle with local prizes

Fun, fun, fun!



Also... the launch of the Cheddar Patient Group's own website.

Somerset NHS 111 and Out of Hours Service has been put on special measures. It is run by Vocare.

www.cqc.org.uk/news/

This is **your** newsletter! Do you have anything medical-related you would like to share?

Please send to elizabethherridge47@gmail.com



A letter from Kirsten Rushby, our Village Agent

Well I've survived my first two months and actually I am really enjoying the role. I am meeting some really lovely, interesting people that make up the community we live in. I have been getting to know all the fantastic staff that make up the practice and meeting individuals in the community that run and support some of the resources that make Cheddar - such as the Baptist church, U3A and the library. On the flip side of this I'm also getting to see first-hand the issues and barriers that face people and ultimately prevent them from living a fulfilled life. My role is to find services to address this and if not, work with organisations to try and develop services to meet the identified need.

One service that I have been made aware of and that I'd like to share with you is Quantock House near the village of Holford. It is a charming Somerset cottage offering family and friends who care for a loved one (who has cancer or a life limiting illness, including dementia) the chance to have a break and relax. Guests can enjoy a quiet and peaceful place, enjoy bed / breakfast and an evening meal and, if desired, explore the local area with people who appreciate your circumstances and not be too far away from home. It is the chance to unwind and recharge. There are four ensuite bedrooms that can accommodate up to six people. To find out more about this fantastic service please call 0845 070 8910 (option 2).

I look forward to meeting many more of you and more members of the Cheddar community over the next few months.

Kirsten will have a weekly clinic in Cheddar on Monday afternoons at the Surgery, intended primarily as an opportunity for the medical staff to refer patients with long-term chronic conditions, but will be available for self referrals from patients.

We need to use this valuable service. Please feel free to contact Kirsten to discuss any of the Village Agents' services via email, phone or on a Monday afternoon at the surgery.

Phone 07746 33 28 97

email Kirsten@somersetccc.org.uk

To find out more about what they do please visit the CCS Website- <http://somersetccc.org.uk/somerset-village-agents-project/>

PLEASE ONLY ORDER WHAT YOU NEED!

Unused repeat prescription medicines cost the NHS in Somerset an estimated £3million per year.

This is the equivalent of about ...

809 MORE hip operations OR

1013 MORE knee replacements OR

197 MORE drug treatment courses for breast cancer OR

117 MORE community nurses OR

3,000 MORE drug treatments for Alzheimer's



cer

DR. CLAUDIA WENGER'S INTERGENERATIONAL PROJECT AT GREENHILL HOUSE

We have previously written about a new intergenerational project in Cheddar where young children visit residents in an elderly care home. Similar projects have recently been reported on by Channel 4 and we are proud to be adding Cheddar to the map. Even more so, since the project has been rated as a great success for both elderly residents and children.



Initiated by GP registrar Dr Claudia Wegner, an average of eight pre-school children from Yew Tree Nursery visited the residents of Greenhill house over a period of seven weeks. The regular visits enabled the children to adjust to the new environment and bond with the residents through playing and singing. A typical morning started with interactive play, for example puzzling, building towers or playing teatime, and was completed by reading a story and singing songs together. Special highlights were group

activities with the residents holding a parachute for the children. One Friday morning, the children proudly offered cake to the residents which they had especially baked for them in the week.

The project was very well received by both children and residents. It was well attended with residents patiently awaiting the young arrivals in the morning. Several residents emphasised how much they loved children but rarely got the chance to interact as their grandchildren lived so far away. Staff reported that they had noticed an increased sense of community in the home with residents talking about the event with staff and each other. They also appeared overall more content and cheerful. One resident commented "it makes me feel worthwhile".

The project was able to generate a stimulating atmosphere within the monotony of life in an elderly care home. The bond between the home and the nursery has been established and they are looking to repeat the project in the future.



HIGHBRIDGE & BURNHAM
MENTAL HEALTH PEER SUP-
PORT & WELLBEING GROUP
RESOURCE

DROP-IN CENTRE

COMMENCING 2ND AUGUST
2017

WEDNESDAY MORNINGS AND
EVERY FORTNIGHT THERE-
AFTER

10.30 am – 12.30 pm

AT THE PRINCESS THEATRE
BURNHAM-ON-SEA



kooth.com

**Free, safe, anonymous online support for
young people.**

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm—10pm

.....
• Safe, confidential, anonymous • Free at the point of
need • Available through a smart phone, tablet or com-
puter Kooth helps to reduce wait times for young people
seeking help and removes stigma around mental
health. Kooth integrates with face-to-face local services
to ensure a seamless transition for young people.
.....

For information: Jayne Carter

07946 339171

jarcher@xenzone.com

SOMERSET



New Carers' Support Service

A new refreshed and modernised service to improve the quality of life for carers and former carers living in the county will be provided by the Community Council for Somerset from October 2017.

The new Carers' Support Service has been co-designed by carers and former carers and is funded by Somerset County Council and NHS Somerset Clinical Commissioning Group (CCG).

The new service will include a 'one stop shop' of support that all carers and former carers can access, strong coordination between services and a focus on prevention to improve wellbeing.

The successful bidder, Community Council for Somerset (CCS), is a long standing Somerset charity that has well established networks in the community.

CCS will name the service Somerset Carers Agents to complement the existing Village and Community Agents' services. The service will be supported with a new website that will allow carers to rapidly access information and advice, including an online chat function and a range of tools and resources. There will also be a freephone advice line manned by knowledgeable professional advisers which will give callers confidence that their call will be handled appropriately.

Cllr David Huxtable, Cabinet Member for Adult Social Care services at Somerset County Council, said: "Carers are valued members of our community. We know there are over 58,000 unpaid carers in Somerset. This new service will make sure that all carers and former carers are supported with their caring role and have access to really good, coordinated information and advice to support their health and wellbeing. We also want to encourage carers who haven't yet sought help or support to make the most of this new service."

Keeley Rudd, Chief Executive of CCS, said "We are absolutely thrilled to have won this contract; Carers Agents will provide a comprehensive range of support, advice and help for carers and former carers across Somerset. The service will build on the extensive reach and networks already in place though the Village and Community Agents especially in rural areas where services are increasingly difficult to access."

The Community Council are working with the current provider Compass Disability to ensure a smooth transition of services.

Over the last year carers and former carers have been actively involved through Carers' Voice Somerset in shaping the new support service. They have reviewed existing services and identified what has worked well and what needs to be improved, they have been involved in reviewing the bids for the contract and going forward they will take an active role in monitoring the effectiveness of the new service.

Neil Richards, Chair of Carers' Voice Somerset, said: "We have been involved in the co – design and tender process from start to finish and we will look forward to working with the new carers support service in the future."

Do you find walking for the sake of it boring? Would you like to walk with a purpose? The Cheddar Challenger team is looking for delivery people. Just do your own road or a couple of roads or more. Whatever you fancy. No heavy loads. Adrian Male will be happy to explain where delivery people are wanted.
adrianmale@supanet.com

