

The Grapevine November 2018

the newsletter of Vine House Health Centre for patients and their families

Flu Clinics



Thanks to all our patients who have supported us by having their flu jab at the surgery. If you are eligible and have yet to have yours, our next flu clinic is on Saturday 10th November. Please call in at reception or ring 01923 267755 to book a slot. If this date is not convenient please ring and a receptionist will be able to help you.

Open All Hours !

Did you know that Vine House is now open more than ever for both urgent and routine appointments. On a Wednesday morning one of our GP's starts at 7.00 am, one week a month we start clinics at 7.30 am, we are often running clinics up to 10.00 pm on weekday evenings and are also open Saturdays and on Sunday mornings in rotation with other surgeries in our Hub.

Full details can be found on our website or there is a leaflet at reception and in the waiting room to pick up. This also gives information with regards to our GP's normal working patterns and the types of core hour appointments available.

Click on the link to view the leaflet:

<http://www.mysurgerywebsite.co.uk/page1.aspx?p=2&t=3&pr=E82046>

Help Us Help You Stay Well this Winter

The NHS have put together some information to help you to stay well this winter. There are five things they recommend you do:

- Make sure you get your flu jab if you are eligible
- Keep your home at 18° C (65°F) or higher if you can
- Take advantage of financial schemes and discounts to help you pay for heating
- Visit your local pharmacist as soon as you start to feel unwell with the symptoms of a respiratory winter illness.
- Look out for other people who may need a bit of extra help over the winter.

For more information and advice visit: www.nhs.uk/staywell .

Patient Participation Group (PPG) Meeting

Our PPG met on 11th September and minutes are now available. You can view these and past minutes and other documents on our website by following this link <http://www.mysurgerywebsite.co.uk/ppg.aspx?t=3&pr=E82046> or pick up a copy in the waiting room.

Our next meeting will be held on Thursday 10th January 2019 at 7.30pm. We will be looking for a volunteer to take on the role of Chair so if you think this is something you would like to do please come along. All are welcome, but if you are coming it would be really helpful if you could please let the PPG Secretary know at vinehouseppg@gmail.com.

Cancer Patient Participation Event

Herts Valleys CCG would like to hear about your experiences and the cancer care that you have received so that they can plan patient centred services for the future. They are therefore holding a Patient Participation Event on :

Thursday 6th December 2018, at The Stanborough Centre, 609 St Albans Road, Watford WD25 9JL from 10.00 am – 12.30 pm.

It is a chance for you to tell them about your experiences and for you to hear what they have been developing for people affected by cancer in West Herts.

If you would like to attend please RSVP preferably by email to Renate Scheffer at Herts Valleys Clinical Commissioning Group: r.scheffer@nhs.net or call 01442 284086 by 1st December 2018. Refreshments will be provided.

Carers Champion

Rebecca is our new Carers Champion at Vine House and can be contacted via reception either in person or by telephone on 01923 262363.

CARING FOR CARERS – a new free workshop for carers, provided by the NHS Wellbeing Service :

ARE YOU STRESSED, FED UP, EXHAUSTED, OR WORRIED ALL THE TIME?

Date: 28th November 2018

Time: 5.30pm-7.00pm

Venue: Colne House, 21 Upton Road, Watford, WD18 0JP

This engaging workshop will acknowledge the unique difficulties you are experiencing and introduce you to a range of self-care tips, tools and strategies based on proven psychological techniques.

No need to book - Registration on the night. *Attendees must be 16+ years.*

www.talkwellbeing.co.uk

Hertswise – Dementia Support in Herts

Are you living with dementia or worried about memory loss?

Hertswise offers community dementia support throughout Hertfordshire. There are many ways they can help people living with dementia, memory loss or mild cognitive impairment, as well as their carers and loved ones. They offer information and advice, groups and one-to-one support, carer support groups and advice and much more!

Hertswise services are available to people of all ages living anywhere in Herts. Their open referral system means that you can refer yourself or a loved one to Hertswise simply by getting in touch via HertsHelp.

HertsHelp offers a single point of contact for dementia services in Herts. For more information, contact HertsHelp on:

Tel: 0300 123 4044 Monday-Friday 8am-6pm.

Email: info@hertshelp.net Web: www.hertshelp.net

Get Active in Herts

Herts Health Walks – There are lots of social walks that take place across Herts every week led by trained volunteers. All walks are graded from beginner through to advanced walkers. Visit www.hertfordshire.gov.uk and enter “health walks” in the search bar. Walks in Abbots Langley are every Thursday.

Cycling in Herts – Finds lots of cycling routes for a range of abilities across Herts by visiting www.hertfordshire.gov.uk and enter “cycling” in the search bar. Visit www.letsride.co.uk for details of led rides.

Watford Cycle Hub – find out about learn to ride courses, women’s only cycle rides, cycling for beginners and much more at www.watfordcyclehub.org.uk

Park Runs – park runs are free, weekly timed 5km runs which can be walked or jogged. Visit www.parkrun.org.uk to find your nearest park run. If you have children, join them on a junior park run which is only 2km.

Directory of activities for adults – there are many activities taking place across Herts for a range of ability levels. Call Herts Help on 0300 123 4044 to find out what activities are taking place near you.

Herts Disability Sports Foundation – the foundation offers a range of sports activities for people with a disability and training opportunities for participants, coaches and day service staff. Visit www.hertsdisabilitysportsfoundation.com to find out more.

St Albans Special Olympics – Special Olympics St Albans provides sporting opportunities for those aged 8 years and over with a learning disability. Search “St Albans Special Olympics” to find out more.

Exercise on Referral Schemes – these are a great way for people with long term health conditions to increase physical activity levels and improve health. Sessions are supervised by qualified instructors who understand the needs of people with long term health conditions. Speak to your GP or community pharmacist to find out more.

Watford get Active – to find out about activities suitable for beginners visit www.watfordgetactive.co.uk

Diabetes – Wellbeing Service – long term conditions support

Do you

- Have problems adjusting, don't like needles and feel overwhelmed by the stress of it all?
- Struggle with increased responsibility for self-management and self-care or can't seem to stop obsessively self-monitoring?
- Feel that your mood has changed, that you've become isolated, lost your confidence, and quality of life?
- Find it difficult to manage your weight, change your diet and alcohol intake and to exercise?

You can speak to your GP or Diabetes Nurse who can make a referral for you. Or make a self referral by calling our Single Point of Access team on 0300 777 0707.

For more information visit: www.talkwellbeing.co.uk

Sign up and receive a copy of our Grapevine straight into your mailbox!

The Grapevine is becoming more and more interactive with further information being reached by clicking on links. This will be frustrating if you are reading a hard copy, so why not sign up via our website www.vinehouse.org. It will also help us to save on paper and printing costs, so it's a win win all round! Many thanks.

