

Providing information, sharing ideas and supporting and thanking carer champions and all health professionals during this challenging time.

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## Challenging times for GP surgeries

I have just completed the quarter two round of champion meetings focused on what we can do to help surgeries and make life easier during these challenging times. Thank you to those who were able to attend. It was good to see some Social Prescriber Link Workers, your input and view is always valuable. We discussed the Autumn flu clinic's, website content and our new service Step by Step. More about all three further on in the newsletter.

### Flu clinic's 2021

Many of you at the meetings confirmed you had dates in the diary for the start of your clinics for the over 65's and appointments made. I am aware now that some of you have had delays in receiving the vaccine and have therefore had to reschedule. For those not able to attend the champion meetings, I am available to come along and help out, marshalling and talking to carers. Drop me a line with dates etc and as long as diary allows I am happy to attend.

### Step by step project

We have a new service available to support carers. It is a short term, goal based project where a case worker will meet with a carer up to 6 times in the home or the community to achieve a maximum of 3 goals. The aim is to build confidence and gain/regain new skills to encourage carers to re-engage or become involved in everyday community activities. Referrals can be made now in the usual way. Full factsheet on this project can be found [here](#)

### Training - for Champions, Social Prescriber Link Workers and surgery staff

Virtual training (1hour) sessions are available and flexible in their format. I can provide small group or 1 to 1 sessions covering Carer awareness, support for carers, and champion role.

Contact 07706 285975 or email [Jane.brown@carersinherts.org.uk](mailto:Jane.brown@carersinherts.org.uk)

## Surgery Websites

At the moment websites are an important source of information for patients therefore as much information in all areas as well as for carers is essential. I have just completed an audit on all GP surgery websites in the county, looking at the content for carers. If you are looking to update your carer content I am happy to share findings on an individual basis. Where surgeries have a form on their website for carers to complete and submit "tell us you're a carer," this link has been downloaded to our CinH database. For carers registering with us via non GP referral route, we can pass this link directly to carers so they can easily notify their GP they have a caring role, avoiding a telephone call or visit.

## New Carer leaflets

Hertfordshire County Council have produced two new information leaflets for carers.



We know many surgeries do not have leaflets out in waiting rooms at the moment but they would be a great addition to your surgery carers packs. Social Prescriber Link Workers may also find them useful to hand out to carers on their visits.

To order your supply email:

[Ted.Maddex@hertfordshire.gov.uk](mailto:Ted.Maddex@hertfordshire.gov.uk)



## New Leaf College

New Leaf run free courses and seminars to support mental wellbeing. Some courses will be face to face and some will be offered via Zoom. Their autumn timetable now available on their website. For further details and to book a place, please visit [Home](#)