

Christmas 2020



I have been in post now for over a year and in the first few months managed to get around and meet many of you before our lives changed and our working patterns meant we were no longer able to meet in person. Surgeries have had to make big changes very quickly and adjusted to supporting patients in a very different way.

Champions meetings have also changed and I want to thank everyone who has participated in the Zoom meetings, whether from home using your own equipment, or from surgeries where some of you could only connect by audio and made your comments via chat!...it is amazing how we have all adapted and learnt new skills!. Personally, I am looking forward to getting back to visiting the surgeries in person, so lets hope we get there at some time in 2021.

*Merry Christmas to you all and wishing you an
optimistic and encouraging New Year.....Jane*

If you find yourself with 15/20minutes over the festive period take a look at the YouTube link below, a conversation between Andrew Marr and Professor Saul Becker about the challenges of carers.

<https://carers.org/news-and-media/news/post/81-professor-saul-becker-in-conversation-with-andrew-marr>

Carers coffee/tea catch ups

We are holding twice weekly carers coffee/tea meetings via zoom. They are an opportunity for carers to chat to each other and will be light hearted social events. See dates below.

Friday 11th December 2-3pm

Wed 16th December 10-11am

Friday 18th December 2-3pm

Tues 22nd December 10-11am

Friday 25th December 11-12noon

As we all know carers are under considerable pressures at this difficult time so we will be continuing these meeting over the festive period including Christmas day. Please pass this information on to any carers who may be interested.

Places need to be booked by calling **01992 58 69 69**



New Year Training dates for Carer champions

January— Wednesday 13th at 11.00am via **MS Teams**

February—Tuesday 16th at 12.30pm via **Zoom**

March— Thursday 11th March at 2.00pm via **MS Teams**

Sessions will be for approx. 1 hour and all champion welcome, whether new or refreshing skills



Carer Champion Spotlight

Marcia Gibson

Marcia works in reception and admin for The Gade surgery in Rickmansworth. She has been the Carer Champion for 3 years and enjoys helping people. Recently she supported a carer who was recovering from an operation themselves and was feeling anxious about the person they cared for as they were unable to visit. Marcia rang the cared for person weekly during this time to reassure both parties and also arranged for their Social Prescriber to keep in regular contact. This alleviated anxiety for the carer so they could concentrate on their recovery.

When not in the surgery Marcia enjoys reading, eating chocolate gateau, playing drafts and watching her favourite TV show Green Leaves.

Through COVID she has been in contact with carers and assisting them with a variety of things including shopping and getting medication.

