

CARERS NEWSLETTER

Francis Grove Surgery – April 2024

DEMENTIA DAY

15TH MAY 2024 9.30AM-4PM

After last years extremely successful Dementia Awareness Day we have decided to run it again this year. Not only are we joined by memory experts from the Alzheimer's Society but also representatives from Carers First Merton and our PPG. Please feel free to walk in to get some advice. If you are concerned about your memory or the memory of someone your care for, or you have questions regarding your role as a carer, you should be able to gain some valuable information on the day.

LIVING WELL

AGE UK MERTON

The Living Well service aims to keep people safe and independent in their homes for as long as possible, and also aims to improve their health and wellbeing. They visit people in their homes and provide a holistic assessment around their needs.

For more information visit/call:

ageuk.org.uk/merton

020 8648 5792

COVID VACCINATION

SPRING 2024

People at increased risk from severe illness can get the vaccine, including those aged 75 or over (on 30 June 2024), people with a weakened immune system or who live in an older adult care home.

Spring vaccinations will be available until 30 June 2024.

Anyone eligible can book a vaccine appointment via the NHS.UK website or by calling 119 for free, with parents or carers able to book a Covid-19 vaccination for children under 16 on their behalf. Eligible people aged 16 and over can also use the NHS App to book an appointment.

The NHS is sending texts, emails, NHS App messages or letters to those who are eligible, but they do not have to wait for the invite to book.

CARERS FIRST

MERTON

Carers First works directly with, and for carers, providing personalised information and tailored support in the way that suits them, helping them find balance, and to live their lives to the fullest - today, and for years to come.

Call: 0300 303 1555