

## BRIDGE LANE GROUP PRACTICE - PATIENT GROUP

### CARERS.....

**Have you cared for, or are you caring for a person living with a terminal illness, or at the end of their life?**

Do you receive support as an unpaid carer? Please share your experience of caring for someone, and any support needs you have. Is anything missing? What can be done to improve your current situation?

**Did you have access to**  
**information/advice**  
**financial support**  
**physical support**  
**carer support groups**  
**emotional support**  
**respite services**  
**equipment at home**  
**support with workplace**

Please contact Ali or Urooj to contribute to a Wandsworth Health survey.  
 Phone 07779-657216  
 or e mail  
[e.epton@nhs.net](mailto:e.epton@nhs.net)  
[room.khan2@nhs.net](mailto:room.khan2@nhs.net)  
 for a link.

### CARERS IN WANDSWORTH

Five million people, including children as young as 5, provide unpaid care to people with long-term health conditions or problems related to old age, census data for England and Wales has revealed.

With the social care system struggling to cope and about half a million people in England waiting for help, there has been an increase over the past decade in people spending at least 20 hours a week on unpaid care. About 1.5 million spend more than 50 hours a week giving unpaid care.

Helen Walker, the chief executive of Carers UK said “without the support provided by unpaid carers, our health and social care systems would quite simply collapse - it is vital that the government recognises the pressing needs of this huge swathe of people and develops a funded national carers strategy for England”.

A key source of local advice and support is the Wandsworth Carer’s Centre. This is a registered charity providing help to unpaid carers in the borough since 1995.

[carerswandsworth.org.uk](http://carerswandsworth.org.uk)    [info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)  
 02088-771200.

**Carer’s Allowance:** You do not have to be related to or live with the person you care for, but you must be 16 or over and spend at least 35 hours a week caring for them and your income is less than £123 a week after tax, national insurance and expenses. All claims for carer’s allowance are considered on a case-by-case basis due to their complexity. While carer’s allowance can give you extra money, it may affect certain benefits the person you care for receives. You should still apply for carer’s allowance even if you already get some other benefits as there might be an increase if you have an underlying entitlement. The Wandsworth Council website has advice on how to apply for this government grant.

*If you are a carer, please let the Practice know. This is important information for your medical records. And please remember that all carers can access a free annual health review at the Practice.*

**PATIENT GROUP**

***The Patient Group is organised by a committee consisting of Zenobia Cowan-Davies (chair); Jamie Gillespie (secretary); Julia Rossman; Barrie Temple; Laura Roberts and David Herbert.***

***It acts as a link between Bridge Lane Group Practice and its patients and works to (a) contribute to the improvement of services (b) ensure the Practice is responsive to the needs and wishes of patients (c) help patients take more responsibility for their health.***

***We appreciate your messages and suggestions - please keep them coming.***

***Contact us on [jamiegillespie44@btinternet.com](mailto:jamiegillespie44@btinternet.com)***

**PRACTICE NEWS**

We are happy to announce promotions within the practice team. Nadia Sedky is now our Senior Operations Manager; Ashleigh James is Reception Manager and Akanni Sowunmi is Deputy Reception Manager.

Dr Carolyn Bayer is on a six month sabbatical at present.

The practice has recently invested in a new phone system, which should make it easier to contact the surgery. You can also leave messages online by using the "ask reception a question" button on the practice website. Please give us feedback on whether you find the new phone system useful on [jamiegillespie44@btinternet.com](mailto:jamiegillespie44@btinternet.com)

We also have a new blood pressure, height and weight machine in reception which is free for anyone to pop in and use to check their blood pressure whenever the surgery is open.

**NEXT PATIENT BRIEFING**

We held our most recent Patient Briefing on Tuesday 6 December. This was our first "face to face" meeting since lockdown and it was well attended. We had presentations from (1) Jay Seladiya from Krystal Pharmacy (2) Ruth Melican, health & wellbeing coach (3) Paul Shepherd, Battersea Primary Care Network manager.

Our next Patient Briefing is on .....

**Wednesday 22 March 2023**

**In the Surgery from 5.00 till 6.15**

There will be presentations on Bridge Lane Physiotherapy; Bridge Lane Social Prescribing; Practice Update from a GP.

You don't need to book a place but it would help if you let me know you are attending.

[jamiegillespie44@btinternet.com](mailto:jamiegillespie44@btinternet.com)