



Carer Locality Lead GP Bulletin Coalfields Area

November 2018

Self Care week 12th – 16th November

This month's newsletter will focus on self-care and how we can support and empower carers to look after their own health and wellbeing.

You might ask yourself, "What is self-care?"

Self-care is the actions that individuals take for themselves, on behalf of and with others in order to develop, protect, maintain and improve their health, wellbeing or wellness. (The Self-Care Forum)

Encouraging carers registered with your practice to have a carers health check as well as their flu jab is one way of promoting self-care. I have put together some statistics from our GP's across the Coalfields looking at how many carers are on your register and how many have had health checks and flu jabs.

GP Practice	Carers Register	Health Check Offered	Health Checks Completed	Flu jab Offered	Flu jab Completed
Houghton	201	197	27	197	138
Hetton	375	375	45	375	246
Herrington	427	427	391	427	362
Kepier	382	Not provided	18	Not provided	256
Grangewood	171	121	43	145	92
Westbourne	Not provided	Not provided	42	106	91

As you can see the numbers vary across the locality, with Herrington having the biggest uptake of health checks and flu jabs. I am working with the carer leads of each practice to explore the reasons why carers aren't having their health checks and exploring what is different at Herrington practice and sharing this good practice across the locality.

Health and Social care today are less about 'doing to' people and more about working 'with' people, enabling them to make take control over their own health and wellbeing. Evidence shows that if people are more involved in their own care they experience better health.

Promoting self-care not only benefits carers but also helps reduce time spent with a GP. Despite people's willingness to treat minor ailments themselves there are still 57 million GP consultations a year for minor ailments at a total cost to the NHS of £2 billion, which takes up, on average, an hour a day for every GP (The Self-Care Forum).



During self-care week we have information stands across the city in GP practices, job centre and pharmacies raising the awareness of self-care and ways of undertaking self-care.

I will be holding information stands in Houghton Medical on Tuesday 13th November from 9.30 and Kepier Medical centre on Thursday 15th from 9.30.

We will be holding a React to Red coffee afternoon on Thursday 15th November at the Carers Centre in conjunction with Sunderland University and Sunderland CCG. It is World Pressure Ulcer Prevention day and there will be an opportunity to find out more about the React to Red campaign, learn more about pressure damage and how to prevent this from the research team at Sunderland University.

The Coalfields Carers Group meet the 2nd Wednesday of the month at the Hetton Centre 1pm-3pm. On the 14th November we have Eileen from ShARP Energy Advice service, sharing hints and tips on how to promote self-care over the winter.

Finally, the demands of a caring role can make it difficult for carers to look after their own health and wellbeing. Remember carers MUST take time out to look after themselves so they can continue to take care of their family, friend or neighbour.

PROACT
Pressure Ulcer Improvement Research

'Take the Pressure Off'
Coffee Afternoon

Join us for a cuppa and a cake and an opportunity to learn more about pressure damage and how to prevent pressure ulcers from the University of Sunderland Research Team

15th November 1.00pm - 3.00pm

Sunderland Carers Centre is here to help

☎ (0191) 549 3768 ✉ contactus@sunderlandcarers.co.uk
🌐 www.sunderlandcarers.co.uk



So, please encourage carers to have their health checks and flu jabs as this promotes self-care and helps them to continue in their caring role.

Debbie Ainscow, Carer Locality Lead (Coalfields)

Keep in touch with the important news for Carers in Sunderland



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