

Thank you to all
the GP Practices

Putneymead Group
Medical Practice
Heathbridge Practice
Mayfield Surgery
Tudor Lodge Surgery
The Alton Surgery
Roehampton Lane
Surgery
Danebury Avenue
Surgery
Chartfield Surgery

We have worked together
as two Primary Care
Networks (PCNs)

PRIME PCN



West Wandsworth PCN



Putney and Roehampton

COVID Vaccination Centre

We would like to thank you for completing your current course of COVID Vaccinations. This will protect you from becoming seriously ill with COVID and protect our community by reducing spread of the infection.



The vaccination service at the Scout Hut has been delivered by the GP Practices in Putney and Roehampton working together with volunteers

We would also like to thank all the amazing **volunteers** and **scout hut staff** for their enthusiasm and commitment who have made this possible. Special thanks go to **Jo Flint** and **Jodie O'Regan**, our nurse managers who have run the show! The last year has presented many challenges, be assured that your GP practice is open and keen to support you with your health and wellbeing. In this leaflet there are details of other services in your community that can support you.

Dr Tom Bailey Clinical Director (Joint) PRIME PCN

Dr Zoe Rose Clinical Director (Joint) West Wandsworth PCN

TALKWANDSWORTH TELEPHONE SUPPORT

Available in pdf form, Wellbeing services and free workshops to help support your mental health. Dealing with current issues such as stress and sleep deprivation. These can be also delivered by post and followed up by telephone if someone is not online. Contact T: **020 3513 6264** <https://www.talkwandsworth.nhs.uk/>

LET'S TALK

For those of any age feeling isolated or alone who just want a chat about their favorite subject or information about resources to keep themselves occupied etc., Wandsworth Libraries are offering support. Contact **0208 780 1945** or email Patrick.malone@gll.org

Local Services

AGE UK

SHOPPING

We have a new service '[Independent Shopper](#)' to support those older people who are not able to get to the shops due to the pandemic. We set up the online grocery account and then do the first few online grocery shops over the telephone. Going forwards we can support people to do the online shopping themselves. To join the service call Chi or Rebecca on **020 8877 8904** or email independentshopper@ageukwandsworth.org.uk

EXERCISE AND WELLBEING

We have another new service called '[Active Chats](#)' which matches older people with trained telephone befrienders who will call up for a chat and to work through some gentle seated exercises and mindfulness/breathing. This is a great service for those who may be more inactive and isolated due to the pandemic. To join the service call **Sorrel** on **020 8887 8940** or email sorrel.brown@ageukwandsworth.org.uk

INFORMATION AND ADVICE

We have additional capacity on our [advice team](#) to ensure we can support everyone who needs us. Our team can help ensure that older residents have the money they are entitled to and advice on any issue that concerns them. To contact the advice team please call **020 8877 8940** or email advice@ageukwandsworth.org.uk

The Roehampton Response Network

A network of over 60 different groups based in Roehampton exchanging and collaborating on issues that matter to local people from Universal Credit, Foodbanks, Support and activities for vulnerable children and families as well as collaborating and disseminating information about NHS services and devising fun activities for the future. If you are an individual interested in helping your community or part of group, charity or service designed to support the communities of Roehampton and would like to get involve contact Jonathan Palma (JP) on jonathan.palma@cawandsworth.org or call **0203 559 2004**

Side by Side

Side by Side matches people with a dementia diagnosis with a compatible volunteer with similar interests who can support them to keep active and engaged in their community. Further details contact Andrew Owen Andrew.owen@alzheimers.org.uk, T: 07703 471 517

The National Dementia Connect Support Line **0333 150 3456 is open 7 days a week.** <https://www.alzheimers.org.uk/> also provides a wealth of information and advice as well as personal, confidential 1-1 advice.

