

PUTNEYMEAD GROUP



MEDICAL PRACTICE

www.putneymead.co.uk

Dear Patient/Carer

We hope you are staying safe and well during this strange and exceptional time.

In response to the challenges our communities are facing we would like to update you with the following news and highlight some support services that are currently available, particularly if you may not have access to the internet.

First, just a quick update about the Vaccination programme:

- We continue to provide COVID Vaccination in collaboration with other local practices at the Scout Hut on Oxford Road, Putney. We have a very consistent team of staff which really helps us deliver a safe and efficient service for patients.

Below are 3 of the most commonly asked questions:

- **How do I find out when I can get the vaccine - if I'm not online?**
 - The NHS will contact you and invite you to book an appointment when it is your turn. You may receive a phone call from your GP practice, or be contacted by email, text message or letter. Keep an eye out to make sure you receive the message (for example if you have a mobile phone but do not typically use text messages). **If your contact details have changed recently, make sure your GP practice has the most up to date information.**
 - Alternatively, to book your vaccination at another location, you can now book by calling freephone **119** or visiting www.nhs.uk/covid-vaccination When you book via this route you will need to provide the following information: **Name and date of birth and NHS number.** You should be able to find your 10-digit NHS Number on your appointment letter, or any other letter or document you have received from the NHS, including prescriptions, test results, and hospital referral or appointment letters.
- **Why can't I choose which vaccine I have?**
 - Vaccines are being delivered in a phased approach and all the currently approved vaccines have been shown to be safe and to work well at preventing disease from the virus. Clinicians consider each patients health requirements prior to giving the Covid vaccination.
- **Can I just turn up at a centre and see if there is any vaccination left over?**
 - Please do not turn up at any of the vaccination centres if you do not have an official appointment, you will not be seen.

The NHS will never arrive unannounced at your home to administer the vaccine. The NHS will never ask you to prove your identity by sending copies of personal documents such as your passport, driving licence, bills or pay slips. **The vaccine is always free, and you will never be asked to pay for it.**

Further Patient information - <https://patient.info/coronavirus-covid-19>
or call – NHS freephone 111

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Local Support 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 involved contact Jonathan Palma (JP) on jonathan.palma@cawandsworth.org or call **0203 559 2004**

WANDSWORTH CARE ALLIANCE - VOLUNTEER BROKERAGE DATABASE

Since many local people have asked about opportunities to offer help - now is the chance. You may have skills such as **administration, social media, mentoring, accounting** etc. There are so many little groups in the Roehampton Response Network that might appreciate a few hours of your time.

volunteer.wandsworthcarealliance.org.uk T: **0203 984 5935**

TALK WANDSWORTH 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 favourite 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

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LIBRARIES CONTINUE TO FLOURISH

Currently libraries are open for collection of pre-ordered items only, plus a wide range of online services including e-books, newspapers and magazines, research tools and local history and heritage material, including free access to the Ancestry site. The programme of events include baby rhyme time, children's story times, CV and technology workshops, creative writing groups and coding and homework clubs. Some of these have continued to be provided online during the pandemic. For further information visit the **Wandsworth Librarians Facebook page** or call **020 8877 1742 (Library)** or **01527 852 385 (24 Hour Renewal Line)**

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.

LITTLE VILLAGE

Little Village is like a foodbank, but for clothes, toys and equipment for babies and children up to the age of 5. Referrals are through an established organization, there are currently two options:

1. Clothes, kit and bedding for emergency situations

These are available to families living in 22 London boroughs listed on our website

<https://littlevillagehq.org/make-a-referral/> who meet the following criteria

- families of new-born babies (mums 26 weeks or more pregnant and new-borns up to 3 months old)
- families with children from 3 months to 5 years who have nothing.

We can offer a clothing bundle and appropriate bed and mattress, and for new-borns, a basic set of new-born kit. We will also include a pack of nappies and wipes, and a substantial pack of toiletries for all adults and children in the household. (Please note, we only stock clothing sizes up to the age of 5). All these items are delivered safely and directly to the family's home.

2. Hygiene essentials packs

We offer a month's worth of essential provisions to struggling families, including nappies, wipes, toiletries, sanitary products and household items. These will be delivered safely and directly to the family's home.

If you believe you qualify for a referral, please let the prospective referrer know about Little Village, pass on our details so that person can contact us via the referral form on our website.

<https://littlevillagehq.org/make-a-referral/> A referral partner might be a GP, midwife, health visitor, social worker or even a teacher at your child's school or someone they might have contact with at another support service or faith organisation.

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THE ROEHAMPTON COMMUNITY BOX

In partnership with Heathmere Primary School and Rackets Cubed we are pleased to announce that Regenerate are working together to provide 'Community Boxes' for families on the estates in Roehampton and Putney. Committed to creating opportunities for young people to thrive and at this time show solidarity with those going through the toughest times. For further information visit: <https://www.regenerateuk.co.uk/the-roehampton-community-box/> or call T: **020 3195 9607**

UBUNTU MUSEUM - KIDS RECYCLED ART

Suitable for ages 6-11 years. Dates: **20th March – 1 May**. Time: **10am – 12:30pm**. Collect a free creative art kit from: **6 Portwood Place (the former Juice Bar), Roehampton, SW15 4ED**. Exhibition date: **Saturday 8th May**. For more details contact: info@ubuntumuseum.com T: **07479 711420**
<https://www.ubuntumuseum.com/>

INFORMATION SESSIONS FOR EU RESIDENTS

Online information sessions in English, Polish, Romanian, Spanish and Italian are being held weekly until June to help people that need to apply to the EU Settlement Scheme. For further information visit: <https://www.wandsworth.gov.uk/news/news-january-2021/information-sessions-for-eu-residents/>
Or contact the EU Project team: euadvice@cwandsworth.org T: **0203 559 2019**
www.cawandsworth.org/eu