

HERNE HILL GROUP PRACTICE NEWSLETTER

MAY 2021

HERNE HILL
FOR COMMUNITY

COVID-19 JOBS

It is never too late to have a job once you are eligible. This is an Evergreen Offer. This means that the NHS will have a vaccine for you when you are ready, the NHS is particularly keen to encourage the following groups to come forward for the job:

- Unpaid carers (you do not have to be receiving a Carers Allowance)
- People working in social care
- People who have previously been told to shield



If you are 40 or over (or turning 40 before 1 July) or over 30 with an underlying health condition: you can get the job without an appointment at the walk-in clinics at Montgomery Hall, Kennington. The dates of the clinics will be published on the practice website. Anyone eligible for the job can also book appointments online via the National Booking Service

LONELINESS UNDER LOCKDOWN

Members of Herne Hill PPG attended an online meeting about loneliness in the community and what is to be done about it. Below is a summary of the dialogue

- People of all ages have suffered massive losses over the last year and more
- Lambeth Council, Age UK, GPs and other NHS and voluntary bodies are offering a lot of help and support is available including regular phone calls, visits meet-ups, help with phones, computers and internet
- Support networks really make a difference - such as neighbours, friends religious communities, hobbies and sport, medical centres, outreach services
- Young people have been badly knocked back by what has happened with education, jobs, clubs, and informal activities
- Are there ways we can help each other more, across generations?

Do you know someone who needs help?

CONTACTS

Age UK Lambeth: ageuk.org.uk/Lambeth 0333 360 3700

Linkage Southwark: linkagesouthwark.org 0208 299 2623



WE ARE STILL HERE FOR YOU

At Herne Hill Group Practice 8 medical students have been undertaking an exciting art project in order to explore the evolution of face-to-face healthcare during the covid-19 pandemic.

The aim of the project has been to bring to attention the concerns and ideas around visiting your GP during the pandemic. This process involved taking anonymised quotes from patients here at the practice on their personal experiences of face-to-face appointments.

These quotes will be physically represented in a collage of spare PPE that has been decorated using various forms of mixed media, including embroidery and painting, which we hope to display in the practice. Having explored how our patients feel during this time, we wish to reassure you of the importance that patients safety is held to by the practice. A dedicated effort is being made by practice staff to minimise any risk to yourself or others when you come in for an appointment. Medical students from King's College London are currently attending HHGP for the placement portion of their course.



ADULT SOCIAL PRESCRIBING: INTRODUCING THE LINK WORKER

Our practice is fortunate to have a social prescribing link worker.

WHAT DOES THE LINK WORKER DO?

The link worker can support you with the things which are not strictly medical but may affect your health.

She has time to talk to you about what is important to you. She will help you to explore your options and decide on a plan of action. This can help you identify what you need to do and which things you need extra help with.

Examples of things you might want to talk to the link worker about are:

- housing problems, homelessness and disrepair
- debt and financial problems
- benefit claims and medical assessments
- care needs
- occupational therapy needs
- loneliness
- accessing education and training
- being more active in the community and volunteering
- exploring hobbies and interests
- finding social activities and groups*

HOW CAN THE LINK WORKER SUPPORT YOU?

The link worker can:

- tell you about relevant services
- support you with filling in forms and writing letters
- help you to gather evidence to support claims/ applications
- signpost/refer you to specialist services (e.g. an advice centre) where appropriate

HOW CAN I GET IN TOUCH WITH THE LINK WORKER?

You can ask anyone at the practice to refer you. You do not need to speak to a GP or nurse first. For the time being, most appointments are on the telephone.

* Unfortunately as a result of Covid-19 there are fewer social activities (e.g. walking groups) that the link worker can refer people to.

