



## Have your say on carer support services this month

Are you a carer in Gloucestershire and want to have your say on how you are supported by local health and care services?

Gloucestershire County Council and NHS Gloucestershire Clinical Commissioning Group are holding workshops to find out about the support carers need to help them continue in their caring role.

Feedback sessions for the rest of this month include:

- Mon 19 March, 2-4pm: at Tewkesbury Day Centre, Tewkesbury
- Tues 20 March, 10am -12 noon: at the Friendship Café, Gloucester
- Wed 21 March, 10am -12 noon: at the Carers Gloucestershire, Gloucester
- Wed 28 March, 10am - 12 noon: at South Gloucestershire & Stroud College, Stroud
- Thurs 29 March, 10am - 12 noon: at The Pavilion, Cheltenham

To book your place email [commissioningadmin@gloucestershire.gov.uk](mailto:commissioningadmin@gloucestershire.gov.uk) or call 01452 328598. If you can't make the meetings - you can leave feedback with Healthwatch Gloucestershire - 01452 504989.



## Look out for email to confirm opt-in with Healthwatch

Healthwatch Gloucestershire's parent company Evolving Communities will be asking all those on its mailing list to 'opt in' for marketing emails due to a new regulation on personal data (the General Data Protection Regulation - coming into force in May 2018).

The big changes in data protection laws mean you will have more say over who holds your personal details. Look out for the email from Evolving Communities, which will be sent early next week (it may appear in your junk box).

If you 'opt in' you will continue hearing all the latest news from Healthwatch Gloucestershire. If you don't respond, you will be removed from the database for all communications.

[Read our privacy policy.....](#)

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## Join us and research healthy eating in Gloucester

Do you have the skills and experience to lead a short-term research project on healthy eating in Gloucester?



Evolving Communities and Healthwatch Gloucestershire are currently working with the public health team at Gloucestershire County Council to explore the views of people living in and around Gloucester City on healthy eating.

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A Project Officer is needed to coordinate this research and the role will include speaking with local people, running focus groups and distributing surveys around community areas.

[More details...](#)

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## New findings released on choosing care homes

Choosing adult social care in England is one of the biggest sources of stress compared to other key life events, according to a survey of 1,000 people carried out for the Care Quality Commission (CQC).



The findings come as the quality regulator is raising public awareness about how its inspection findings can help support people in making these important decisions. The survey findings reveal that seven in ten (70%) adults who were responsible for choosing care in a care home or at home - either for themselves or a loved one - over the last three years have found it more stressful than choosing their child's nursery or school, or a venue for their wedding or civil partnership.

[Read more...](#)

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## Dementia friendly

Volunteers and staff at Healthwatch Gloucestershire will now have the opportunity to make a positive difference to people living with dementia in their community - thanks to Volunteer Officer Kay Bunyan who has become a Dementia Friends Champion.



Kay will be offering training to staff and volunteers to inform them about the personal impact of dementia, and what they can do to help.

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Kay said: "Getting the message out there that dementia is a condition, not just part of the ageing process, is so important, and I'm looking forward to being part of helping to improve people's day-to-day lives."

To find out when Healthwatch Gloucestershire's next Dementia Friend Awareness Session is call 01452 504989 or email [info@healthwatchgloucestershire.co.uk](mailto:info@healthwatchgloucestershire.co.uk).

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## Patient voice: your views and experiences this month

People from across the county have been making their voice heard - sharing with Healthwatch Gloucestershire their experiences of local health and care services.

Here's a small selection of what you have been telling us:

- "My pharmacy in the Forest of Dean is amazing - they go above and beyond what is required."
- "The doctor my husband sees in the Parkinson's Clinic in the North Cotswold Hospital is really helpful, caring, inclusive and straightforward, with a great sense of humour."
- "I think my GP surgery is lacking a dementia specialist and no one appears to monitor my wife's dementia."
- "There are very poor provisions of gluten free food for coeliacs in the hospitals."

Julia Butler-Hunt, Healthwatch Gloucestershire manager, said: "We have received feedback about many services whilst out and about. We summarise this and provide it to the organisations that deliver our health and care services in Gloucestershire, so they can get a clear picture of the public's experiences.

"This helps encourage and reward good practice, as well as identify and rectify any problems people may encounter."

Leave your feedback by calling Healthwatch Gloucestershire on 01452 504989 or visit [www.healthwatchgloucestershire.co.uk](http://www.healthwatchgloucestershire.co.uk).

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## Join us in the community this month

Have your say on local health and care services or find out more about volunteering with Healthwatch Gloucestershire over the next month.

Staff and volunteers will be at:

- Priors Park Neighbourhood Project, Tewksbury, on Tuesday, 20 March, 2-4pm.
- Roots Coffee Shop, Gloucester, on Wednesday, 21 March, 9.45-11.45am.
- Prestbury Library, Cheltenham, on Tuesday 10 April, 10.30am-12.30 noon.
- Shires Garden Centre, Newent, on Wednesday 18 April, 10am-1pm.

For more information visit the [events calendar](#)

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**Healthwatch Gloucestershire** is the county's independent health and care champion. We exist to ensure that people are at the heart of care. Our dedicated team of staff and volunteers listen to what people like about local health and care services, and what could be improved. These views are then shared with the decision-making organisations in the county, so together we can make a real difference.

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The Healthwatch Gloucestershire service is run by Evolving Communities CIC, a community interest company limited by guarantee and registered in England and Wales with company number 08464602. The registered office is at Unit 5 Hampton Park West, Melksham, SN12 6LH.

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