

October 2018 e-bulletin

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healthwatch
Gloucestershire



Join the conversation about growing old in Gloucestershire

What would make Gloucestershire a great place to grow old? That's just one of the questions being asked in a county-wide survey launched this week to find out what people think about care homes in the county and how they should look in the future.

Gloucestershire County Council has teamed up with Healthwatch Gloucestershire and Evolving Communities to ask the county's over 65s what they think about local care homes provision.

This piece of research will help to form Gloucestershire County Council's strategy for the commissioning of residential and nursing care provision in the county. [Read more](#) or join in the conversation on our [Facebook](#) or [Twitter](#) pages. You can also take part in the survey [here](#).



Report is food for thought

Residents in an inner-city area of Gloucester have been sharing their ideas on how to get more local people to eat healthy and stay active.

People living in Podsmead were asked for their views on all things food related as part of the Food and Families Project - a short term research project jointly led by Healthwatch Gloucestershire and Evolving Communities. The findings have gone into a [new report](#) which will then feed into national work to help local authorities tackle obesity.

Ideas to improve healthy lifestyles include:

- the extension of the Matson Food Cupboard to Podsmead
- cooking classes
- community food growing
- more community events
- physical activity opportunities
- a new shop or mini supermarket on the estate.

Help make end of life care better

Patients and their relatives living with a terminal illness are being asked to help build a picture of their experience of the care and support provided to them in Gloucestershire.



Healthwatch Gloucestershire wants to hear from local residents who have accessed support around end of life care, or who would be looking at accessing this information. This may include using services such as hospice care, information provision or bereavement support.

The short online survey closes this Friday 5 October. Take part in it [here](#) or read [more details](#).



Safeguarding training

Do you work with vulnerable adults? A one-day training event from Healthwatch Gloucestershire aims to help you carry out your safeguarding responsibilities correctly.

Healthwatch Gloucestershire will be running the training in Quedgeley (venue TBC) on Tuesday 27 November and all participants will gain a Level 2 Adult Safeguarding Certificate.

The course, which costs £10 to non-Healthwatch Gloucestershire volunteers, will cover topics such as legislation, adult protection policies and reporting

abuse. For more details contact
Kay.bunyan@healthwatchgloucestershire.co.uk



What you have been saying this month about local health & care

"My surgery is amazing! I am able to get an appointment within a few hours if necessary. They have old fashioned values within an up to date surgery and I cannot fault it - brilliant!"

"I wish I had known what being diagnosed with Parkinson's really meant. It would have been very useful to have been given a booklet on the condition at an early stage."

"I have had to change my pharmacy recently, because so often they do not have the medication I require in stock and it takes days for them to source it, whereas the one up the road cannot do enough for me." [Share your views.](#)



In your community this month

Staff and volunteers will be visiting local people this month to gather their experiences of Gloucestershire health and social care services:

- **Prestbury Memorial Trust**, Cheltenham, Wednesday 3 October, 1.30-2.30pm.
 - **Churchdown Carers Support Group**, Gloucester, Wednesday 3 October, 2.30-3.30pm.
 - **Alzheimer's Society Directions Group**, Gloucester, Monday 8 October, 11.30am-1.30pm.
 - **Newent Parkinson's Support Group**, Newent, Monday 8 October, 10.30am-12 noon.
 - **Friendship Club**, Cirencester, Tuesday 9 October, 2.30-4pm.
 - **Alzheimer's Society Memory Club**, Cheltenham, Tuesday 9 October, 10.30- 12.30pm.
 - **MS Info Event** – My MS, My Life, Gloucester, Saturday 13 October, all day.
 - **Men in Sheds**, Moreton-in-Marsh, Wednesday 17 October, 10.15am - 12 noon.
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- **Forest of Dean Stroke Club**, Lydney, Monday 22 October, 10.30am - 12 noon.

[See more events.](#)

Healthwatch Gloucestershire is the county's independent health and social 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 social 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.

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 4 Hampton Park West, Melksham, SN12 6LH.



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