

September 2020

Monthly Newsletter Wirral Older People's Parliament



Vol 1 Issue 4



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MEMORIES
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HAVE YOU SOMETHING TO SAY? JOIN US!

Find out how to join us and add your voice to the many older people who live in Wirral who want to make sure that decision makers know what they want! julie@wirralopp.co.uk
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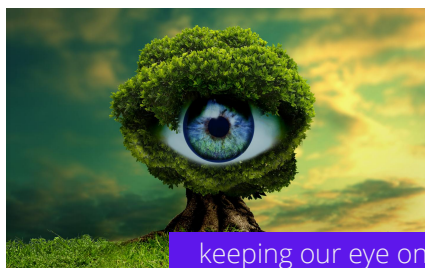


CURRENT ISSUES

A topic that has raised a lot of discussion is the move to online for GP services. We were very lucky recently to have an opportunity to speak with Michael Chantler, Assistant Director for Communications and Engagement at Wirral Clinical Commissioning Group (CCG) through our Health and Social Care meeting. We were able to get a very clear idea of what is currently and imminently happening with Wirral health services on clinics and treatments resuming, up to 90% by November 2020. Winter Planning for acute and chronic services is well under way including flu jabs. Health service planning is currently for the next 2-3 years with the effects of Covid-19 affecting the population and health and how services will operate. Most people have successfully navigated the econsult system during this time, but for a significant portion it has led to much difficulty and of course for non internet users this has not been available to them. We have raised this issue with all 4 Wirral MP's and the Department for health. Let us know your views on this.

Transport issues are always on the agenda for older people, this includes public transport as well as car parking close enough for disabled members. We regularly feed back to the council travel department and bus companies including mersey travel.

Let us know of any Wirral issues affecting older people.



keeping our eye on
government and
services...

AUGUST NEWS

by Julie Kay
Project CoOrdinator

As autumn approaches and our thoughts turn to inside activities OPP HQ is busier than ever! I have had some lovely catch ups with members this week, where possible either online or phone. We are still unable to meet in person but fingers crossed we will be able to have our christmas party in December! Plenty of council and health meetings with plans for coping with the winter changes to health.

We have several new projects in the pipeline so keep an eye out for them, especially if you enjoy gardening. As always we are raising the flag for all things older people and looking for all the positives we can.

As always please get in touch if you have any feedback on services or issues you may be experiencing or a project you would like to see. We love to hear from all our members and partners.

Keep well and safe.

Julie





What is Social Prescribing?

It is a way of linking a patient to appropriate non-clinical support in their community. It is recognised that many of life's problems can make us feel unwell. Improving lifestyle or taking control of a practical problem can be very challenging and people often feel daunted at the prospect of change and don't always know where to start. What support is available?

The Link Worker will help patients with a whole range of practical, emotional and social issues.

Often during conversation other issues which perhaps weren't the first reason for the referral are disclosed.

Examples of support available include:

- Finding out what is available in the local community to help combat isolation and loneliness
- Attending a group together
- Finding a support group for a specific condition/health need
- Referral into a specialist service for example for money advice (benefits, debt, and budgeting), drugs or alcohol, smoking, housing needs
- Encouragement to address lifestyle issues including healthy eating and physical activity
- Joining a new course in the community where education and learning would be of benefit
- Referral into a specialist service for counselling and other mental health support
- Resolving practical issues around accessing food, fuel, prescriptions
- Being a non-judgemental listening ear

WHAT'S GOING ON?

- Weekly coffee mornings on zoom. Thursday 1030am
- Health and Social Care Committee, second Friday of each month, zoom and email meeting
- Housing Committee, zoom and email meeting
- Disability Forum, zoom and email meeting
- Special zoom events such as crafting or book clubs
- facebook and twitter comments and information
- email and postal information on services and issues



Winter Flu jabs

Don't forget to arrange your winter flu jab this year!

GP's are now sending out reminders by text, letter and phone to all those who are eligible. If you think you need one and have not heard please ring your surgery as soon as possible.

With the arrival of covid, protecting yourself against flu is even more important. Not everyone has to go to the GP surgery so make sure you give details of your situation, a home visit may be possible and there will be flu clinics in village halls and community centres coming up.



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Wirral memories: A Tapestry of Stories

Wirral has an amazing wealth of history in every corner of the penninsular. Here at OPP we have been recording and documenting some wonderful stories for the past 12 months. The project was due to end in the autumn but with the event of the pandemic we are extending the opportunity to include your Wirral stories until January 2021. We are looking to produce a book of stories and photographs of Wirral life in living memory, as well as add the project to the Wirral archives.



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