

# Talking In Tutbury



**Tutbury Carers Event 2019**



# Thank you!

We wanted to thank all of our wonderful patients and organisations that attended this years carers event. We hope Talking In Tutbury helped you in one way or another.

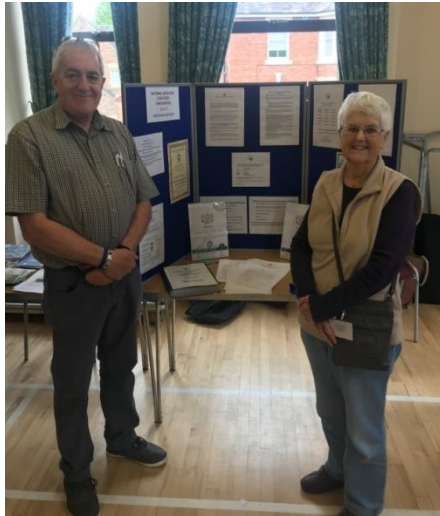
If you didn't manage to make the event but would like some support please ask at reception and we will be more than happy to help.

Please have a flick through our book and see the companies that attended and the services they provide.

A special big thank you to our patient forum, we couldn't do it without you!



# The Patient Forum



The Patient Forum has been set up for over 10 years and meets every two months in the Tutbury Village Hall. The group has grown from 4 people, managed by the Practice, into an autonomous group of 20+ members. The meetings are also attended by representatives of the Practice and local Pharmacies. This enables meaningful discussions to be held on all aspects of running the Practice and the issues that they and the patients may have. All patients of the Tutbury Practice are invited to attend the Forum meetings.

Contact: John Bridges on [bridgesjohn763@gmail.com](mailto:bridgesjohn763@gmail.com) or 07590379892



Our wonderful Patient Forum have supported this event for the last 3 years and recently won the Volunteering Support for Young People by a Team or Individual award at the East Staffs Support Staffs Star Awards. This was for the 2day health event for Year 10 they have organised at the deFerrers Academy for 4years



# Burton Diabetes UK Group



The Burton Diabetes UK Group was started by its Chair, Ann Tunley, in 2006 when it was known as the Burton Diabetes Support Group. Its conception and ideas were fully supported by Diabetes UK West Midlands and over time has developed into the Burton Diabetes UK Group.

The Group now has its own website and the address is:

<http://burton.diabetesukgroup.org>

The group has meetings every 6 weeks between 6pm and 8pm at the Burton Fire Station, Moor Street, Burton. It also holds annual public awareness events which for the past 3 years have been at the Pirelli Stadium, Burton.

The group also attend other local events and giving talks to several organisations.

## Contacts

Ann Tunley on [anndtunley@me.com](mailto:anndtunley@me.com) or 07753672627

John Bridges on [bridgesjohn763@gmail.com](mailto:bridgesjohn763@gmail.com) or 07590379892

# Hickling House Day Centre



Hickling House Elderly Day Care have over 30 years of experience in the elderly care sector and we pride ourselves on providing dedicated support to those who need it. Our commitment to you is to provide excellent respite day care that meets the highest of standards.

**Tel: 07980 648 115**

**Email: [info@hicklinghouse.com](mailto:info@hicklinghouse.com)**

**Website: [www.hicklinghouse.com](http://www.hicklinghouse.com)**

# Wiltshire Farm Foods



For over 25 years, we've been cooking and delivering delicious frozen meals for you to enjoy whenever you like.

There are over 300 tasty dishes to choose from, hand-delivered by local drivers who are reliable, friendly and here to help you.

Want to get started? Simply place your order - you can order as often or as little as you like, there's no contract - and your driver will deliver it for free.

**Tel: 0800 077 3100**

**Website: [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)**



# Everyone Active



Located right in the heart of Burton-upon-Trent, Meadowside Leisure Centre boasts a wide range of facilities to suit everyone.

Whether you swim, go to the gym, enjoy exercise classes, play racquet sports or fancy a game of football, we've got everything you need to enjoy your activity of choice.

The centre also boasts a café where you can relax and refuel after a gruelling gym session or exercise class, or just socialise with friends, while our crèche means a lack of child care won't get in the way of your fitness regime.

**Tel: 01283 372970**

**Website: [www.everyoneactive.com](http://www.everyoneactive.com)**

# Men In Sheds



Men in sheds are a group of men that have a background in woodwork. These gentleman meet on a weekly basis and build unique items to sell. If you would like to purchase any of these items or join their team do not hesitate to contact them.

**Contact: Clive Keen**  
**Email: [clivekeen@tiscali.co.uk](mailto:clivekeen@tiscali.co.uk)**



# Changes

Changes Tamworth believes that a safe, confidential, familiar and non judgemental environment is key to an individuals recovery. Anxiety is a very disabling condition that often results in people isolating themselves at home and away from busy and potentially overwhelming situations. Anyone who seeks help with mental distress deserves the dignity of a safe, familiar and confidential space in which to talk about their issues. We are not saying that coffee bar meet ups are a bad thing for some but for many people who have experienced trauma, public spaces are not the place to deal with upsetting issues. All of Changes Tamworth's support groups and workshops are delivered within our own relaxing environment that is confidential and safe for all who attend. This not only puts our members at ease quickly it also helps them to develop trust in the service and quickly get on with the task of getting well and staying well.



**Tel: 01827 311006**

**Email: [info@changestamworth.co.uk](mailto:info@changestamworth.co.uk)**

**Website: [www.changestamworth.com](http://www.changestamworth.com)**

# Goodlife Pharmacy



We are a community pharmacy and travel clinic based in the South Derbyshire village of Hatton. Focussing on customer service we provide NHS and private prescription medicines, minor ailment consultations, travel advice, travel vaccination and anti-malaria's, flu vaccination, smoking, alcohol and weight management advice, animal health and veterinary medicines. We offer a local delivery service for the housebound for prescriptions and chemist goods to neighbouring villages, as well as wheelchair hire, and home visits. We also provide emergency medicine supplies.

**Tel: 01283 813944**

# Burton Shop Mobility

The friendly store for all your mobility needs - Premier Mobility is an independent family run business with showrooms located at our recently opened premises at The Market Hall in Burton On Trent. All of our products are sourced from the best suppliers available including leading makes such as Pride Mobility, Roma Medical (Shoprider), Kymco, Freerider, TGA & Drive Medical. We also offer insurance & warranties, spares & batteries in addition to scooter repairs & servicing, which is carried out on site at our showrooms.



**Tel: 01283 547726**

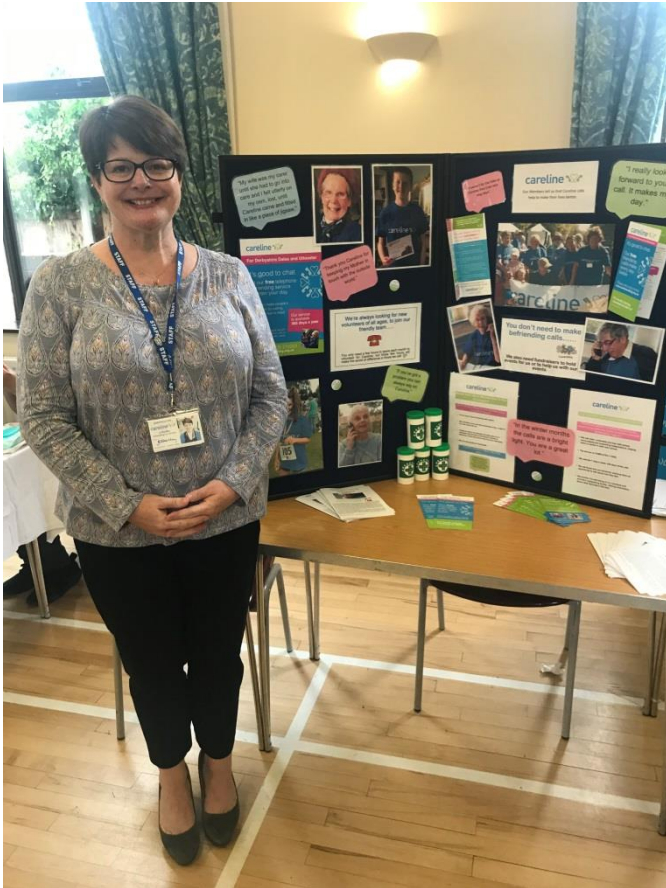
**Website:**

**[www.burtonpremiermobility.com](http://www.burtonpremiermobility.com)**





# Careline



At Careline we are acutely aware of the challenges faced by older people. As the years advance, health issues can mean that day to day tasks become more difficult. Sometimes this can mean giving up on the idea of living independently altogether. We believe that this doesn't have to be the way.

**Tel: 01335 210353**

**Website: [www.careline.co.uk](http://www.careline.co.uk)**

# Home Instead

We understand that home is where you feel the happiest. If you want to stay living comfortably at home, you can live well, your way with Home Instead.

Home Instead has been at the forefront of specialised home care for the elderly and supporting those being cared for and their families for many years. Founded on personal experience, these family values remain at the core of everything we do 24 years on.

Our award-winning care at home fits around your life - it's tailored, it's flexible and it's adaptable.

Whether you're looking for help getting dressed and showered, help around the house or companionship,

We believe age should be celebrated and that everybody should be able to live happily, comfortably and independently at home.

Start your Home Instead journey today.



**Tel: 01925 730273**

**Email: [info@homeinstead.co.uk](mailto:info@homeinstead.co.uk)**

**Website: [www.homeinstead.co.uk](http://www.homeinstead.co.uk)**

# First Call



First Call provide telecare services, including fall detectors, temperature control, door sensors, smoke detectors and bed sensors.

The service is available to all residents within East Staffordshire and provides a support network that is ideal for those who live alone, suffer from a medical condition or feel vulnerable.

**Tel: 01283 528 528**

**Website: [www.trentanddove.org](http://www.trentanddove.org)**



# Dean & Smedley Tutbury

Dean and Smedley are a pharmacy based on Tutbury High Street. They offer a range of services such as blister packs for patients who struggle when it comes to taking the correct medication.

Dean and Smedley also offer the pharmacy first service so if you have a minor problem for example a urine infection, coughs and dry skin the pharmacy may be able to treat you without needing to see a GP.



**Tel: 01283 812218**

**Website: [www.deanandsmedley.com](http://www.deanandsmedley.com)**

# Grices Funeral Directors



We know that you'll be getting in touch with us during a difficult time. Which is why, as your local Central England Co-operative Funeral Director, we do everything we can to ensure your wellbeing. Rest assured that we provide a bespoke and personal funeral service that will give your loved one a dignified and respectful farewell.

## Funeral Plans:

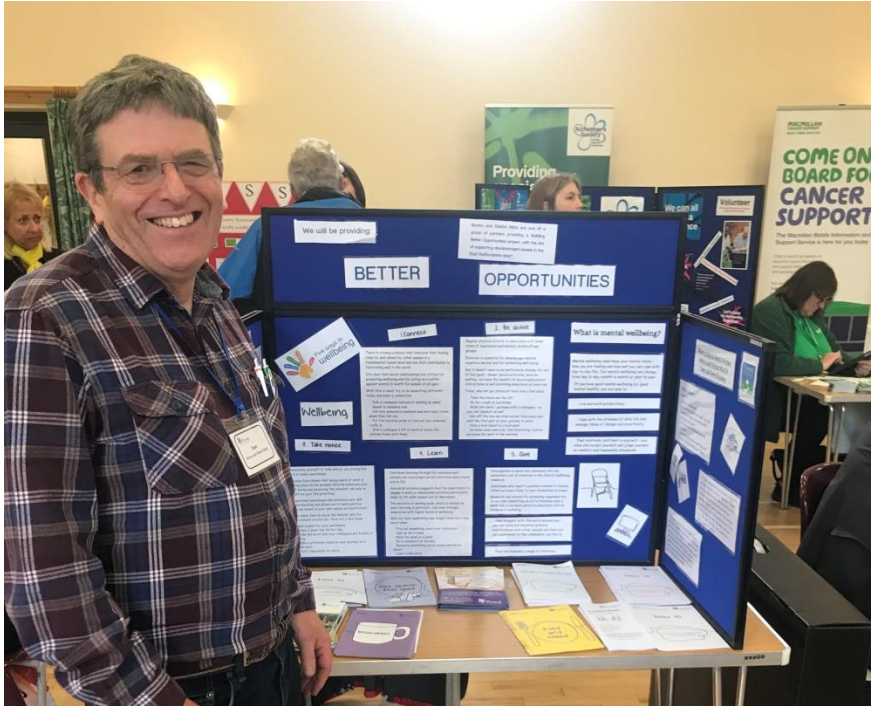
Our set funeral plans are designed to make things simple and straightforward, so that you'll know exactly what to expect. Our tailor-made plans give you the freedom to create a service that's more personal to you.

**Tel: 0333 363 4499**

**Email: [funeral.planning@centralengland.coop](mailto:funeral.planning@centralengland.coop)**

**Website: [www.prepaidfunerals.coop](http://www.prepaidfunerals.coop)**

# Mind



We are an independent charity providing services to East Staffordshire.

We provide confidential, high quality services for individuals, carers and families experiencing emotional or mental health problems. We aim to do this in a safe, caring, non-judgmental and supportive environment.

**Tel: 01283 566696**

**Email: [info@burtonmind.co.uk](mailto:info@burtonmind.co.uk)**

**Website: [www.burtonmind.co.uk](http://www.burtonmind.co.uk)**



# St Giles Hospice

St Giles Hospice support people in our community whose illnesses may not be curable such as cancer, motor neurone disease, heart failure, MS and respiratory disease. We also offer support for families and helpers.

Our dedicated team provides individually-tailored care either at the hospice or in patients' own homes across our communities.

The range of specialist services is provided free of charge to those who need it. Although St Giles receives some funding from the Government, we rely heavily on donations and fundraising.



**Tel: 01543 432031**

**Website: [www.stgileshospice.com](http://www.stgileshospice.com)**

# Alzheimer's Society

If you or someone you know are worried about or affected by dementia, we are here for you. Get advice on a range of topics and find support near you.

There are ways to make life easier and more enjoyable for a person with dementia. Here is practical advice for those living with dementia and carers.



**Tel: 0330 333 0804**

**Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

# CASS



CASS has provided support for thousands of adult and young carers in Staffordshire since it began in 1996. It became an independent charity managed by a Board of Directors in June 2001 and is continuing to explore opportunities to help Carers in Staffordshire and the West Midlands. CASS also aims to raise awareness of Carer's needs with professionals and the public, and we lobby for change where services do not exist or are inadequate.

**Tel: 01785 222365**

**Email: [enquiries@carersinformation.org.uk](mailto:enquiries@carersinformation.org.uk)**

**Website: [www.carersinformation.org.uk](http://www.carersinformation.org.uk)**



# Carers Hub

We are a commissioned service that works on behalf of Staffordshire County Council, Stoke-on-Trent City Council and the NHS, offering a free service for carers to access when they need support. We opened our service in October 2015 and have been supporting carers as young as five, ever since.

The Carers Hub is part of the PeoplePlus group's Community services, which empowers people with a range of support needs to lead independent lives.



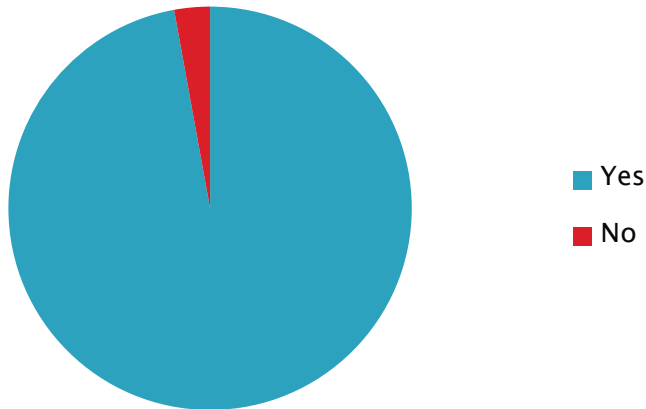
**Tel: 0330 123 1937**

**Email: [info@thecarershub.co.uk](mailto:info@thecarershub.co.uk)**

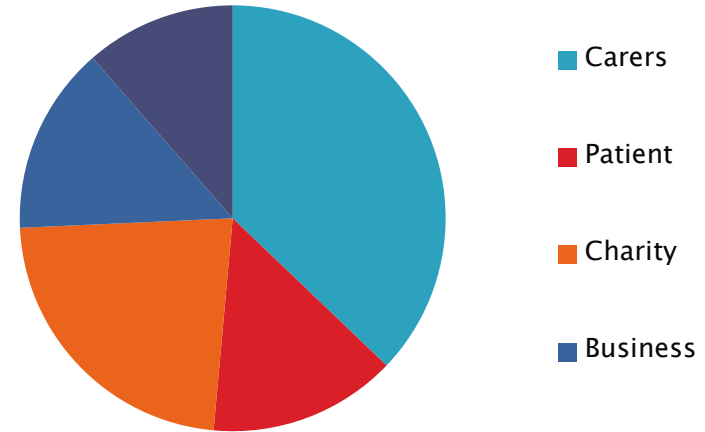
**Website: [www.thecarershub.co.uk](http://www.thecarershub.co.uk)**

# Carers Event Feedback

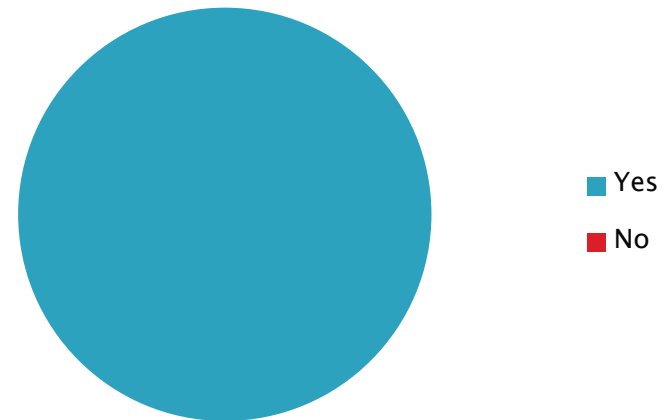
**People benefitted from the event:**



**Position of the attendee:**



**People wishing to attend next year:**



## Additional Comments:

‘Excellent event – came last year for the first time and will defiantly come back good for meeting carers’

‘A very good mix of help for carers’ families and people’

‘It’s good to keep up to date with what’s available perhaps these could be more NHS recording care services’

‘A great mixture of stands to look at for the benefit of The Tutbury Community!’

‘All seem friendly and interested’

‘Another excellent job by Zoe and her team’

‘Thanks for the invite’

‘We obtained some very useful information off everybody and was very helpful. Thank you well done’

‘It’s a great event a chance to catch up with local organisation and meet new ones. Keeps me up to date with what’s available’

‘Talked to several cares and offered them some support’

‘My first invite, very impressed, please invite us again’

‘A lot of useful information gathered for both carer and receiving of care’

‘Very friendly staff and visitors’

‘This is the first time I have been and it was very informative’

‘I came last year. I believe this year there are more stalls’

‘Great event – really useful for meeting potential members/ volunteers, but also for networking’

‘Really well organised and well attended’

‘Great event lots of response intervention’

‘Nice to meet new contacts and customers, village people are always friendly’

‘Very friendly and outgoing atmosphere’

‘Everyone is very friendly and helpful, it was excellent’

‘Well done guys 😊’