



In Health and Social Care East Renfrewshire

Using our lived experience to help improve
local health and social care services.

Issue 13

November 2021

Keeping Well this Winter

Flu and Covid booster vaccinations for East Renfrewshire residents

It is important to protect yourself and get the free flu vaccination this year. Appointments for this and/or Covid booster jabs are being sent by letter to those who are eligible

If you haven't received a letter and think you may be eligible please call the national helpline on **0800 030 8013**.

NHS Inform also has a comprehensive guide to the flu vaccine, including who is eligible this year. Please contact them on **0800 22 44 88** or visit www.nhsinform.scot/flu-vaccine

Regarding Covid 19 it is still important to remember to:

- wash your hands and surfaces regularly
- get a test and stay at home if you have symptoms
- take regular tests if you don't have symptoms

For more information please contact the Scottish Government Helpline on **0300 244 4000** www.gov.scot/coronavirus-covid-19/



Call **NHS 24** on **111** or visit www.nhsinform.scot if you are unwell and need some advice when your GP or dental practice is closed. They will give you advice depending on your symptoms. This could be managing symptoms at home, or visiting your local pharmacy.

Your pharmacy can help with many common ailments. There is no need to make an appointment. To find out when a pharmacy is open (including Sundays) call NHS inform on **0800 22 44 88**

You can also visit www.nhs24.scot for general health related information



Scotland's Child Disability Payment will open for new applications on November 22nd.

Child Disability Payment provides money to help with extra care and mobility costs up to the age of 18.

This is the first of the disability benefits to be introduced by Social Security Scotland and replaces the UK Government's Disability Living Allowance for Children. The new form has been designed to be simpler and easier to fill in.

Those already receiving this benefit do not need to make a new application as their award will be automatically transferred at the same rates as their previous Disability Living Allowance for Children.

To enable people to apply in the way that suits them best, it will be the first disability benefit in the UK that can be applied for online, phone, or face to face

More information about the benefit is here at <https://www.mygov.scot/scottish-child-payment>

Or you can call them on **0800 182 2222**.



East Renfrewshire Council want to hear your views on where you think the they should focus resources.

They have an online survey asking about what is important to you and your community.

Feedback from the survey will help the Council to set out priorities and balance the budget for 2022/23 and beyond.

The survey is on this link at Citizen Space and runs till December 12th

getinvolved.eastrenfrewshire.gov.uk



Communities Mental Health and Wellbeing Fund

This new fund will support initiatives that promote mental health and wellbeing at a community level in East Renfrewshire. It will be administered by Voluntary Action East Renfrewshire

It is open to all local groups - no matter how small or inexperienced - that can demonstrate activities or services that aim to improve mental health and wellbeing. It can support both new and existing groups or projects.

Applications are particularly welcome regarding:

- Recovery from addiction.
- Social isolation and loneliness.
- Suicide prevention.
- Dementia community supports.
- Access to physical activity, diet and nutrition.

For more information about the fund please visit:

<https://va-er.org.uk/funding/>

Or call Voluntary Action on **0141 876 9555**.



ACUMEN (Advancing Community Understanding of Mental and Emotional Needs) runs an online creative drama group that is dedicated to raising awareness of men`s mental health

This group works with a trained coordinator to do:

- vocal and group conversation activities
- script reading / writing
- dramatic plotting and other great activities to boost confidence in performing/acting and meet people with similar experiences.

The group`s ultimate aim is to create audio and visual pieces about men's mental health that can be distributed online/on radio.

It runs on Wednesday evenings
7.30pm till 9pm on Zoom

If you are in contact with any men in the community with lived experience of mental health/stigma and/or are interested yourself please contact:

Michael Charles at michael.charles@acumennetwork.org

Don't know who to turn to? Turn to Talking Points

Get free, impartial, non-judgemental advice on anything related to health and wellbeing

Make one call and you can reach over 60 organisations, including East Renfrewshire Health and Social Care Partnership (HSCP), who are equipped to help you so you can live your life to the fullest.

- ✓ Being a carer
- ✓ Housing
- ✓ Staying fit & active
- ✓ Dementia support
- ✓ Mental health
- ✓ Feeling isolated
- ✓ Money advice
- ✓ Finding work
- ✓ Domestic abuse

And anything & everything in between

"I hadn't heard of Talking Points, but... I had an excellent conversation and the follow up was brilliant as they visited me the next day! I got everything I was looking for including PIP which I didn't know about." Mrs D



Talking Points **0141 876 9555** or email talkingpoints@eastrenfrewshire.gov.uk

www.eastrenfrewshire.gov.uk/Talking-Points



The Carers Centre have restarted some of their face to face group events for the first time in a long while.

While the Centre have been providing support to carers via telephone, email, social media and Zoom they are aware this is not always suitable.

The Carers Centre will continue to offer this going forward but are now also beginning to meet carers in person and also in small group settings.

These include Dementia, Female, Male and All Carers groups.

To find out more about the groups please call **0141 638 3888** email: enquiries@eastrenfrewshirecarerscentre.co.uk

About Your Voice

Your Voice is a group of individuals and organisations who want to influence and support the redesign of health and social care services in East Renfrewshire.

We meet monthly to plan any activity. This is currently online given the circumstances.

We are always looking for people to get involved.

If you would like to find out more about what we do please contact us.

A National Care Service for Scotland

Your Voice responded to the recent Scottish Government consultation on the National Care Service. This sets out proposals to improve the way social care is delivered in Scotland.

The **National Coalition of Carers** also sent a response.

It is available to view on their website -

<https://carersnet.org/wp-content/uploads/2021/11/NCS-Summary-for-carers.pdf>

Your Voice member Geoff Mohamed is also a member of the Coalition. He said

“It’s important to give our opinion on the proposals, particularly in relation to unpaid carers. A National Care Service will change how social care is provided at a local level so we need to make sure it’s right”

This initial stage of the consultation ended on November 2nd but there will be other opportunities to engage in the new year. Our response will be published on the website in due course. For more information please see

www.consult.gov.scot

Do you have any ideas for future Bulletin articles?

Our next issue is planned for January 2022. We would love to know if there is something that you would like to share or encourage people to get involved in.

Would you like to get more involved?

Your Voice is open to anyone who lives or works in East Renfrewshire.

Our Terms of Reference is on the website. Please let us know if you would like a copy or are interested in finding out more.

Contacting Your Voice:

The Community Hub **0141 876 9555**

Email: hello@va-er.org.uk

Website: www.eastrenfrewshire.gov.uk/yourvoice

If you would like this Bulletin explained/translated into other languages or provided in a more suitable format please contact us and we will do our best to provide this.

