

# Teddington & Hampton Wick Voluntary Care Group

**WINTER 2016**

**Dear Everyone**

I hope you are all prepared for Christmas, not long to go now!

There have been some changes in the office. Some of you probably already know we have a lovely new lady Sara (pronounced Sarah) organising our outings for us. I have taken over writing the newsletter as well as continuing my usual stint in the office with Miranda.

Ali is still in Teddington at the moment but I'm sure you'll join me in wishing her all the best when she moves to Bristol, we shall all miss her.

We've settled into our new office and it's lovely and warm! If you happen to be in Teddington, why not pop in and say hello. We'd love to see you. Our entrance is now in Stanley road, garden gate.

*Jules*



[www.tedcare.org.uk](http://www.tedcare.org.uk)



## Ensure you're prepared for winter with our handy tips for looking after your health

### 1. Have a flu jab every year

If you're over 65 or have certain health conditions, you can get the jab for free.

The vaccine takes up to ten days to take effect, so have it early on in the winter.



### 2. Wash your hands

Good hand hygiene is a simple way to prevent the spread of flu. Wash your hands regularly, and clean surfaces like your telephone and door handles regularly to get rid of germs.

### 3. Get active

Staying active is not only essential for your wellbeing and fitness, it also generates heat and helps to keep you warm. When you're indoors, try not to sit still for more than an hour.

### 4. Be prepared

Order repeat prescriptions in plenty of time, especially if bad weather is forecast, ask your local pharmacy if they offer a prescription pick-up and delivery service.

## 5. Keep in touch with people

It's not unusual to feel a bit down in winter, if you are finding it difficult to get out and see friends make sure you phone them for a chat.

## 6. Remember

If you need medical help or advice, it's only a phone call away.

1. Your own GP surgery – even if it's the weekend or the surgery is closed, just phone and listen to the recorded message.
2. Dial NHS **111** – they provide medical advice and can organise a GP or ambulance if they think you need one.
3. Your local pharmacy – for advice on ailments and medications. Most are now open Sundays usually
4. If it's a real emergency, then dial **999**.

Don't forget Teddington Hospital is always open.

0800-2200 Monday – Friday and 0800-2100 Weekends and Bank Holidays.

**ELLERAY HALL - CHRISTMAS DAY LUNCH**

**11am – 3:30pm**



If you would like to go then please contact:

**Lynne on 0208 977 0083 – TRANSPORT CAN BE PROVIDED**

## UPCOMING OUTINGS & EVENTS

**Christmas Panto - Beauty & The Beast**

21<sup>st</sup> January



**Lunch at Merits - 26<sup>th</sup> January**



**Coffee Morning - 25<sup>th</sup> February**



**Pheasantry, Bushy Park - 21<sup>st</sup> March**

Coffee and a walk to see the daffodils



**Richmond Park - Tea and Gardens - 25<sup>th</sup> April**

**Book now to avoid disappointment. – 0208 943 3112**

**Do NOT send any payment with the form. Payment will be collected on the day of the outing (cheque or cash).**

**SHOPPING BUS – ‘FREE TRIAL’**



Here's a reminder that we provide shopping buses every week to Tesco in Teddington. This is a door to door service giving you the opportunity to do your own shopping, meet new people, have a chat and then have someone carry your shopping indoors for you. If you or your friends would like to give it a try, then call the office on 8943 3112 for your **FREE** trial (normally £4 to cover the cost of the bus).