

Teddington & Hampton Wick Voluntary Care Group Spring Newsletter



Dear All

I hope you're all enjoying the longer days and the slightly warmer weather.

A big welcome to our new ladies & gents and our lovely new volunteers, I'm sure you may have already met some of them.



If you need a drive at the weekend, we can still help, just phone the office and **ALWAYS** try and give us as much notice as possible.

It's always good to hear from you with any ideas for an outing you'd like to do, although a trip to the seaside, however tempting, would be a little too far!

Our office opening hours are:

Monday – Friday from 0930-1130 tel: 020 8943 3112

Please leave us a message outside of these times.

Jules



www.tedcare.org.uk

Did you know?

There are lots of small pieces of equipment available to help day to day life a bit easier for you at home, e.g. raised toilet seats, grab handles, kitchen trolleys and much more. Not sure what there is available? Give the access team a call.

How to get equipment

We always recommend you approach the Council for an assessment, no matter what your circumstances and financial situation. Having an assessment is free of charge and it can help you and others understand your needs better and it will help you think through the options.

What happens next?

Following your assessment, the Access team can arrange for the appropriate equipment to be provided to you on loan. The equipment must be returned to the Council when you no longer require it so it can be recycled.

Useful contacts:

Richmond Council Adult Access Team

Address: Adult Social Services, Civic Centre, 44 York Street,
Twickenham, TW1 3BZ

Phone: 020 8891 7971

Email: adultsocialservices@richmond.gov.uk

Need a BLUE BADGE?



or ***Taxicard***



For new applications, the quickest and easiest way is to telephone Accessible Transport Teddington on:

020 8831 6096 (Blue Badge) or 020 8831 6312 (Taxicard)

They can help you fill in the forms whilst you're on the phone.

Confused about changes to Teddington Hospital?



Teddington Hospital is now an Urgent Care Centre. They offer advice and treatment for minor injuries and illnesses. Opening time is now 8am to 8pm 7 days a week.

How to get an appointment

You **cannot** book appointments directly with the hospital. However, you can walk in and ask to be seen. You can either sit and wait or come back at your given appointment time.

You can call your own GP who may book an appointment if none are available with your own practise and they feel it's appropriate.

Alternatively, you can always call NHS 111 at **any** time for help and advice. They can also make an appointment for you if it's required.

OUTINGS & EVENTS



Pembroke Lodge - Tea + cake



Tuesday 21st May – don't forget to keep an eye out for the deer



Coffee Morning – Tea, coffee, cake & a chat with friends.



Saturday 15th June 1030 - 1200

Afterwards there's sit down **Zumba** at **12:15pm**. Great songs and a bit of fun. Why not give it a go? (£3)



Fish & Chips at Superfish, Molesey

Tuesday 16th July - sounds delicious



Boat Trip – Kingston to Hampton Court

Tuesday 20th August – a lovely afternoon on the water



PLEASE NOTE:

We need to pay for the boat trip in advance, so if you would like to go please pop in the office or send in **£7.50** before **1 August**.

All other outings can be paid for on the day.

DON'T FORGET, to book any trips you **MUST** either send in your booking form or call the office to reserve a space.

020 8943 3112