

Tap in to help people with dementia

The constant finger tapping of the old woman in her care home drove everyone mad. But then carers and other residents learned a remarkable secret - the woman had been part of a wartime team whose work helped to save thousands of lives.

The steady tip-tap wasn't random - and someone realised that the woman, who had dementia, was tapping out Morse Code. She had used it during the Second World War at Bletchley Park, home of the codebreakers.

People, young and old, visited her, in admiration for her work and gaining inspiration as they learned more about her.

Liz Causon told the story during a presentation to the Burbage Surgery patient group to illustrate that there is always more to a person than dementia.

Liz is a Volunteer Champion for Dementia Friends - people who learn what it's like to live with dementia and then turn that understanding into action. Any action helps, no matter how large or small:

- **Getting in touch and staying in touch with someone living with dementia**
- **Volunteering for an organisation that helps people with dementia**



- **Campaigning for change**
- **Wearing a badge and telling others about Dementia Friends**

Friends learn the positive things they can do to help, and to be more tolerant and understanding. Anyone of any age can be a Friend and help to create dementia friendly communities. That could be as simple as removing an item which could be perceived differently by a person with dementia; for example a black mat which they might see as a hole in front of them, or changing the kettle to an older type they used when they were younger.

Liz is available to talk to groups in the Hinckley and Bosworth area and can be contacted by email at liz.Causon@hinckley-bosworth.gov.uk Dementia Friends is an Alzheimer's Society initiative, and more information is available at www.dementiafriends.org.uk

Saving Lives

More than 30 patients from the surgery have learned how to help save lives through sessions arranged by the Patient Participation Group.

They attended a series of basic life-saving sessions in August which were run by a former doctor at the practice, Dr Rebecca Phillips.

Patient group chairman John Moore said: "We are very grateful to Dr Phillips for giving up her own time on three afternoons to instruct patients.

"Many people do not know what to do when faced with an emergency - someone who has collapsed or who has difficulty breathing.

"These sessions showed them what to do and the confidence

to act until professional help arrives. People said they found them extremely constructive."

The group has no more sessions planned at the moment but will consider organising them again in the future.

Mr Moore added: "We had some requests to organise sessions available to people outside normal working hours, and we will look if can do that."

Several charities offer similar courses, and details of what people should do when faced with an emergency are also available at www.nhs.uk/conditions

Choose F from the A to Z menu and then click "first aid".

Staffing changes

Dr Rebecca Phillips left the practice at the beginning of August 2018 having completed her GP training.

Dr Nishant Kumar rejoined our team at the beginning of August 2018 and will remain with us until August 2019.

Dr Adela Szrok is due to return from maternity leave in January 2019. We bid farewell to one of our Admin Team, Susan Holden, who has worked at this practice since 2003. We wish Susan well for the future.

Wolvey in Bloom

Wolvey Surgery has again won first prize in the Offices and Shops Category of Rugby in Bloom. This is the fifth year running that Wolvey Surgery has won the award. Practice manager Wendy Shaw will collect the trophy at the awards ceremony on 19th September 2018.



Flu Clinic Dates 2018

Burbage Surgery:

Saturdays

**29th September 2018,
20th October 2018,
17th November 2018;
8.30 am to 11.30 am.**

Wolvey Surgery:

**Thursday 25th October 2018;
2.30 pm to 5.30 pm**

Flu vaccinations for eligible children under 16 will NOT be available in our open clinics. Please contact reception to book your child into a weekday flu clinic.

If you would like a vaccination please attend a surgery convenient to you on one of the above dates. If you are unable to get to one of our open clinics, please contact the surgery reception desk and ask to make an appointment for a flu vaccination with our Practice Nurse.

If you require vaccination but are unable to get into the surgery, please contact our receptionists who will arrange for a nurse to visit you at home.