

Dear all,

Please find information below on:-

- **Royal British Legion – Admiral Nurses**
- **Man v Fat - Join the league where losers win**
- **What's On At Somerset Partnership – Newsletter**
- **Maternity Experience Workshop - Wednesday 12 April 2017**
- **Useful website links:**
 - www.carersvoicesomerset.co.uk
 - <https://www.england.nhs.uk/tag/nhs-citizen/>
 - <http://www.cqc.org.uk/content/get-our-newsletter>
 - www.cqc.org.uk
 - www.somersetparentcarerforum.org.uk
 - <http://healthwatchsomerset.co.uk/>

Please share this with colleagues who may be interested in being added to the circulation list to receive the bulletin regularly. Please contact me on susan.lilley@somersetccg.nhs.uk if you have any information you would like added to future PPG bulletins.

Kind regards

Sue Lilley

Patient, Public Experience and Engagement Coordinator

Somerset Clinical Commissioning Group | *Working together to Improve health and wellbeing*

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Email: susan.lilley@somersetccg.nhs.uk

Website: www.somersetccg.nhs.uk

Subject: Royal British Legion – Admiral Nurses (see attached newsletter)

The Admiral Nurse team in Somerset has been in action since November 2015. The team has seen a steady increase in referrals and are supporting families across Somerset, North Somerset and Banes area. The team has been spending time getting to know the area and have been attending various memory café's, support groups and visiting other teams. We are currently exploring the opportunities of developing specialist beneficiary 'Carers Support Groups.

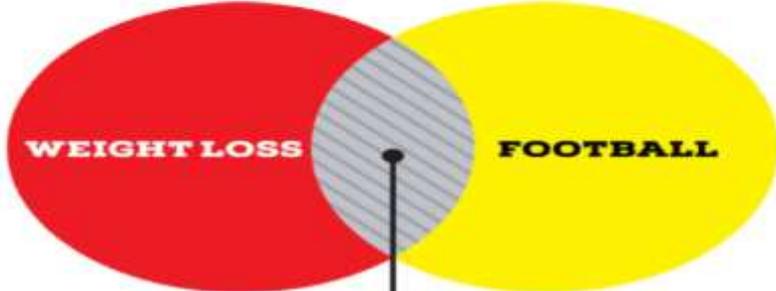
What is an Admiral Nurse?

Admiral Nurses are specialist dementia nurses who give much-needed practical and emotional support to family carers, as well as the person with dementia. They offer support to families throughout their experience of dementia that is tailored to their individual needs and challenges. They provide families with the knowledge to understand the condition and its effects, the skills and tools to improve communication and provide emotional and psychological support to help family carers carry on caring for their family member. They are able to take on complex cases and provide specialist support and advice.

To be eligible for our free service, either the carer or the person with dementia has to have done a minimum of 7 days paid service in any of the armed forces – National Service counts too! It's OK if they can't remember their service details in full, we can find that information out.

Subject: Man v Fat – Join the league where losers win

**JOIN THE LEAGUE
WHERE LOSERS WIN**
14 GAMES • 24/7 SUPPORT • 95% SUCCESS RATE
LAUNCHING AT BUCKLER'S MEAD LEISURE CENTRE
FRIDAYS 7-9PM FROM 24TH MARCH 2017. **FREE LEAGUE**



WEIGHT LOSS **FOOTBALL**

"When life had hit rock bottom, my weight was stopping me from doing so much, MAN v FAT Football was the hand that pulled me up and guided me back to health and happiness."
ANDY GALLON

"I've been fat for a decade. I could not find the willpower to stick to healthy eating, and exercise was boring. MAN v FAT Football has changed my life."
ROB BIRD



MAN v FAT FOOTBALL

MAN v FAT Football is a 14 week league for any man who wants to lose weight. Games are decided on weight loss as well as results and you get 24/7 support to help you. Join on your own or as a team and see how 95% of MAN v FAT Footballers lose weight and get fitter.

SIGN UP: WWW.MANVFAT.COM/FOOTBALL
CALL: 0845 163 0042 • EMAIL: FOOTBALL@MANVFAT.COM



ENDORSED BY
The FA

Subject: What's On At Somerset Partnership

Please find listed below the link for the Somerset Partnership's latest newsletter.

http://intranet.sompar.nhs.uk/a - z_directory/idoc.ashx?docid=d223962e-47ce-46b0-a162-686ff82ad6b3&version=-1

Subject: Maternity Experience Workshop - Wednesday 12 April 2017

Somerset CCG will be holding an interactive [Maternity Experience Workshop](#) to help understand and improve the maternity experience across Somerset.

The workshop will be highly energetic. Your insight and participation is requested to enjoy an in-depth conversation in a relaxed, inclusive, non-threatening environment.

Ideas generated will be analysed and will influence a county-wide action plan of improvements to maternity services.

When? Wednesday 12 April 2017 - registration from 9.30am, main event starts at 10.00am, and lunch will be provided from 12.30pm.

Where? The Gallery, Taunton Racecourse, Corfe, Taunton TA3 7BL

Focus: Treating women and families with dignity, compassion and respect

Identify: What needs to change, why it matters and how can we do this?

Method: Highly interactive, lively, creative, fun

Please register using one of the following contact options:

Email: Lee.Reed@somersetccg.nhs.uk

Phone: 01935 381933

Fax: 01935 384079

Post: Somerset CCG, Wynford House, Lufton Way, Yeovil BA22 8HR

Parents are welcome to attend with children, and baby changing facilities will be provided.

The venue is accessible and disabled parking is available. Please let us know as soon as possible if you have any additional access needs or any specific dietary requirements.