



Carer's Newsletter

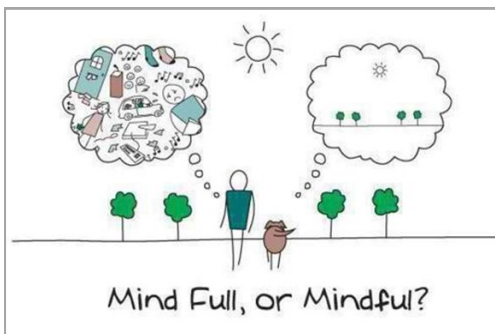
February 2020



- Welcome to Craig Rees. He is our new Team Manager.
- Welcome to Dr Katie Motley. She is our new Clinical Psychologist.



- There is a new NHS advert to ring **111** when feeling poorly.
- 111 will be able to give you help over the phone about which health care service you need.



- Dr Katie Motley talks about 'Mindfulness'.
- Being mindful is thinking about one thing at a time and noticing the things you are doing. It helps you feel calmer.



- A website called 'Mouthcare Matters' helps carers to look after the teeth of people they care for.



- A review has looked at how people with a learning disability are treated.
- The review suggests ways that people could be treated better.
- An easy read version is coming soon



- Some local day services are looking for members.
- One is about gardening and one about furniture.
- These days services cost money to join.



- Marta talks about events for carers.

You can contact the team by phone or email.



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