

Healthwatch Rotherham is the independent champion for people who use health and social care services in your local area. We listen to your needs, experiences and concerns, and speak out on your behalf to improve services for everyone.

November 2021

- COVID-19 update
- Client stories
- Healthwatch... Lets' Talk



COVID-19 update:

In September 2021, the Government announced their Covid-19 Autumn and Winter plan. The full document can be accessed on the GOV UK website. The Government will aim to sustain the progress made in the Covid-19 pandemic and prepare the country for future challenges, whilst ensuring the NHS does not come under unsustainable pressure.

People aged 50 years and over, health and social care workers and younger people at risk are being offered a booster dose of coronavirus (COVID-19) vaccine. The NHS will contact you when it is your turn to have a booster.

This booster dose will help extend the protection you gained from your first 2 doses and give you longer term protection. The booster is being offered at least 6 months after your last dose.

The booster will help to reduce the risk of you needing admission to hospital due to COVID-19 infection this winter.

It is important to still:

- Get a Covid-19 test if you have symptoms, and do regular asymptomatic testing
- Isolate when positive or when contacted by NHS Test and Trace
- Get your Covid-19 vaccine, including your booster if eligible
- Exercise caution when mixing with other people and in crowded areas

The latest figures in Rotherham show a decrease of 8% in Covid-19 cases on the previous week, although Rotherham is still above the national average for case numbers. (19th October–25th October)

82% of people aged 12 and over in Rotherham have now had their first dose of the Covid-19 vaccine, with 76% having had their second dose. (24th October). Vaccine data now includes 12-15 year olds so the percentages are lower than they were previously.



Martin Cooper:

In 2005, Martin Cooper retired from work with subjective cognitive impairment, hoping the reduced stress would remove this problem. In 2009, he was diagnosed with a weak executive function, dyslexia and dyspraxia, which then led to a diagnosis of early stage Frontotemporal dementia. Both Martin's father and cousin had suffered with Alzheimer's also. An early diagnosis allowed Martin to get his affairs in order and prioritise a healthy lifestyle with help from the Alzheimer's Association. By 2013, Martin was no longer considered as early onset dementia so was signed off by the Neurology Department, with the understanding he would be referred to the memory clinic when necessary. 12 years after his first diagnosis, this day still has not come.

Martin puts his success down to his healthy lifestyle, losing weight and improving his nutrition. He subscribed to a charity called 'Food for the Brain' in 2019, which promotes a healthy lifestyle to prevent/reduce cognitive decline in people aged 50-70. His energy levels and attention span have improved as well as his cognition scores as each year passes. The NHS now attribute 30% of dementia risk to lifestyle, highlighting the importance of leading a healthy lifestyle, particularly as you get older. Martin now feels he has hope for the future.

We thank Martin for sharing his story.



Healthwatch Let's Talk... COPD/TB Awareness— Wednesday 24th November 2021:

Our next 'Let's Talk' event will be surrounding COPD and TB (Tuberculosis) awareness. The session will be discussing COPD and TB, how to support those affected and their loved ones. We will be joined by healthcare professionals who will give you the opportunity to ask any questions or voice any concerns/worries you have related to these topics. We look forward to seeing you there.

Joining details:

[https://zoom.us/j/94608980473?
pwd=QlIKaEU2N0lISGVIZzVZL3dlcVZ1UT09](https://zoom.us/j/94608980473?pwd=QlIKaEU2N0lISGVIZzVZL3dlcVZ1UT09)

Meeting ID: 946 0898 0473
Passcode: 969746



Healthwatch Rotherham is here to listen to your experiences of health and social care services in Rotherham to make sure providers get it right for everyone. If you've had an experience—good or bad—please get in touch

Healthwatch Let's Talk.....Dementia Awareness. Wednesday 27th October 2021:

Our Dementia Awareness event saw another excellent turnout of 38 people. The session discussed different types of Dementia and how they affect the brain and the body. Martin Cooper was our special guest and he discussed living with Dementia and the steps he has taken to improve his quality of life. You can read Martin's story in this newsletter. We then ran a series of polls for the audience to answer on myths and facts about Dementia, to ensure that any misconceptions about Dementia were addressed in the session. We then welcomed a talk from Georgia at the 'Alzheimer's Society', who highlighted training opportunities for professionals as well as local support services for those affected by Dementia. Following on from this, we also had talks from Beth Goss from Dementia UK, RDASH Memory Clinic, Crossroads Care 'Carers Resilience Service' and Charlotte Byers, a Dementia Advisor from 'Making Space' support service.

All the information shared in the event will be available on our website, including links to the support services available locally and nationally. Thank you to all those who attended the event and to our guest speakers for another informative 'Let's Talk' event.

