

– Your cut-out-and-keep guide to support groups in your area

Welshpool & District

Last Thursday of the Month, from 1:30 –3pm,
Methodist Church High Street.
Contact Philip Moody for more info

Machynlleth & District

3rd Wednesday of the month, from 2-3pm,
Machynlleth & District Care Centre.
Contact Philip Moody for more info

Llandindod & District

1st Tuesday of the month, from 7-9pm ish.
Bracken Trust, Cefnlllys Lane.
Contact Fran Mungovin for more info

Knighton & District

2nd Tuesday of the month, Knighton Hotel 1:30 – 4pm
Contact Fran Mungovin for more info

Builth & District

2nd Wednesday of the month,
Trout Hotel, Beulah 2 – 4pm
Contact Fran Mungovin for more info

Crickhowell & District

last Monday of the month,
Bear Hotel 1:30 –3pm.
Contact Deborah Wilkie for more info

Brecon & District

2nd Tuesday of the month 1:30-2:30, Guild Hall.
Contact Enid Morris on 01874 625287 for more info

Ystradgynlais & District

1st Monday of the month, Volunteer Centre.
Contact the Volunteer Centre on 01639 844219
or Margaret Thomas for more info

Llandrindod Wells and area group

Meets on the first Tuesday of every month
7.00 – 9.00 pm The Bracken Trust, Cefnlllys Lane,
Llandrindod

Next Meeting: Tuesday 6th December

This group meets in the lovely setting of the Bracken Trust and are fortunate to receive alternative therapies from the resident therapists.

The last meeting was the AGM – this is a group with its own constitution, Chairman, Secretary and Treasurer and a small number of loyal members. Funds are low and we need to

give serious attention to raising funds as a group. This would be a lot easier if we had more members – so if you are reading this and you live in the Llandrindod area, please consider coming along to the meeting on 6th December.

Everyone is very friendly and you will be made most welcome. We have yet to arrange a Christmas get-together but will probably have a New Year meal.

Our chairman is Herbie and his phone number is 01982 560495. Please ring Herbie or me if you would like any information about the group.

Condolences

Powys Carers would like to extend their sympathy and best wishes to the carers who are coping with their recent bereavements:

Hazel Bird – whose mother, Grace Morgan died recently in Llandrindod Hospital and who is still caring for her husband.
Cynthia Davies, Enid Lennaid and Nellie Cunningham have all have cared for their respective husbands for many, many years. They have all been marvellous, unselfish carers and will always be welcome at our support groups.
We wish you all well.

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OTHER GROUPS THAT ARE OFFERED VACCINATION ARE:

- all people aged 65 years and over
- those living in long-stay care homes
- children and adults who have the following conditions
- Chronic heart disease
- Chronic respiratory disease, including asthma
- Chronic liver disease
- Chronic renal disease
- Diabetes
- Lowered immunity due to disease or treatment such as steroids or cancer therapy



- Any other serious medical condition – check with your GP if you are unsure

The flu jab is not a live virus, so it can't give you flu. It is best to get your vaccination in October or early November to be ready to fight off infection – don't wait for an outbreak.

Flu jabs are very safe. You may get soreness where the vaccine was injected. Less often, people get a slight temperature and aching muscles for a couple of days after being vaccinated. Other reactions are very rare. You should not be vaccinated if you have a serious allergy to hens' eggs.

To get the vaccine, contact your GP to make an appointment for the flu jab or to find out if a flu clinic will be held in your practice.

To find out more, talk to your GP, practice nurse, district nurse or pharmacist or call NHS Direct Wales on **0845 46 47**

