

Whitewater Health Patient Participation Group February 2022 Update

The Christmas and New celebrations somewhat curtailed in 2021 are now behind and spring is just around the corner, so as with hope it is eternal. The last years have been challenging for all of us and we continue in the knowledge that great efforts are being made to return to a level of normality. It is well known that the NHS is and has faced enormous challenges and perhaps by the time you read this will be moving towards an even keel.

Our own practice has been trying their best to return to a “normal” service. They, like every other service organisation are struggling with staff absences due to contact with those who are COVID positive and those staff that are COVID positive. It is acknowledged that there have been difficulties experienced by patients, however you can be assured that every effort has and is being made to minimise these. **The practice thanks you all for your patience and support during this incredibly challenging time.** As the PPG we have a close relationship with the practice and it our observation that they are absolutely doing all that is practically possible.

Keeping you informed

We strive with the practice to ensure that patients are kept informed as best as we and they can. For immediate information the Practice web site and the PPG Facebook are good points of reference. We have also notified schools, pharmacies, and local Parish Councils of relevant information on changes or vaccination programmes. We have added bulletins in local shops to try and reach as many of the population as possible. If you have a suggestion as to how we can improve our communications please e mail us at Whitewaterppg@gmail.com, or call **01256 678671**. You can also find us on Facebook at www.facebook.com/WhitewaterPPG

The vaccination program continues

If you haven't had your booster yet or indeed a first or second vaccination, then ring Jameson House on **0333 332 0855** or visit the Grab a Jab website to find a walk-in service: www.nhs.uk/service-search/find-a-walk-in-coronavirus-covid-19-vaccination-site

Managing a Healthy Weight Project

It is two years since the PPG completed the above project. We believe that the period after the festivities is the time to revisit the lessons and resources available. The project started in early 2017 when the PPG asked the GP's what health promotion topic, they would like to focus on to specifically target the practice population. The GP's suggested obesity and self-management of a healthy weight. This has proved to a key area to improve the general health of individuals and can provide an impact as we work with the challenges of Covid.

The project resulted in the production of several initiatives throughout the community and identified several resources that remain available such as online information, apps and a pamphlet which provided detailed information. We will have published this information on our Facebook page during January with a follow up in February. An example is detailed below.

GETTING ACTIVE

If you would like to exercise in your own space and time the One You health apps are a great way of fitting in exercise and activity around your lifestyle. The apps can be downloaded here: www.nhs.uk/oneyou/apps/

The NHS Fitness Studio (www.nhs.uk/conditions/nhs-fitness-studio/) allows you to pick from 24 instructor led videos ranging from 10 minutes to 45 minutes. Choose from categories such as aerobics, strength, and resistance, Pilates and yoga.

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