

# LOW MOOR MEDICAL PRACTICE PATIENT PARTICIPATION GROUP

NEWSLETTER February 2020

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## CHAIRMAN'S UPDATE:



Hello I hope you are well, the nights are slowly drawing out and it's getting lighter in the morning and Spring is just round the corner, I hope. My roses are getting new shoots on them and it's lovely to see the snowdrops, crocus and daffodils making an appearance. Spring is my favourite time of the year, it means things are coming back to life, the possibility of warmer days and the opportunity to spend more time outside in the garden plus an end to short days and long nights.



At our January PPG meeting the PPG and Practice Manger, Alex Avis, agreed our focus for this year would be Engagement, so what does that mean? It does not mean a ring with a big diamond attached! I looked online for the definition of what the action of engaging or being engaged is. It came up with the following words, **'participation · participating · taking part · sharing · partaking · involvement · association**. In a nut shell this is what the PPG aim to achieve, we want to engage and be involved with you, our local community, contact us and we will let you know what activities are taking place. Why not help us, become a Practice Healthcare Champion, the more volunteers we have the more we can do, as the saying goes 'Rome wasn't built in a day' but with your help maybe we can start laying the foundations for a successful year of engagement.

**A Trip Down Memory Lane:** Our Practice Healthcare Champions hosted a reminiscing afternoon with the some of the residents from Bowler Close. A dvd about Bradford from years gone by was played which brought back fond memories for many and there were a large number of items to look at from an old bike dynamo, old money, newspapers from 1945 as well as a few curio items. The residents enjoyed their afternoon and the we aim to host a similar event at Avery Tulip Court by the end of the month. Do you have any memorabilia of days gone by that you would like to share with us if so please get in touch. Email address at the top of the page.



Do you enjoy walking? We are looking for volunteers to don their walking boots for our Friday Strollers. Sadly David our current walk leader is hanging his boots up and we would like to thank him for all the miles he will have covered in his time as our walking volunteer. if you think you could spare an hour on a Friday morning and lead a gentle stroll round our local area please get in touch we would love to hear from you.



## Mothering Sunday— Sunday 22 March

### Why Do We Celebrate Mothers Day?



The celebration of Mothers Day dates back to the era of early Romans and Greeks. At that time, they would celebrate the annual spring festival which they dedicated to adoring their Maternal Goddesses.

Mothers Day is traditionally called Mothering Sunday in the UK due to its religious history. Centuries ago it was not unusual for children as young as 10 to go off to work as domestic servants away from their families, most domestic servants would attend a church local to them on a Sunday, however it was considered important that they return to visit the main church in their area – their 'mother' church at least once a year – this became a day where they could reunite with family members and all come together at the same church. Along the way it was said children would often pick small flowers to gift to their mothers when they arrived at the church; this is where it is believed the practice of gifting your mother on Mothers Day comes from.

Of course now we gift with whole bouquets of flowers, cards , chocolates or specially chosen gifts that we know our mothers will love. **Why not buy a hand crafted gift made by members of the Monday Friendship/Craft group, these will be available for purchase at our coffee mornings on Wednesday 4th, 11th and 18th March.**

**GP Online Services:** Have you signed up for our GP online services—if not why not? It will save you time you can do the following online to name but a few:

- Book an appointment
- Order repeat prescriptions
- See parts of your health record including test results.

So call into the surgery, speak to the receptionist and ask for an online registration form and bring with you proof of ID. If you need help with this you can always call in and see us at the Wednesday Coffee morning—we would be happy to chat with you about it.



**WEEKLY ACTIVITIES:**

The Practice Health Champions continue to host a number of weekly events:

**Monday Craft/Friendship club 10.30—12.00** takes place at Sedbergh Community Centre, it continues to be popular, patients from this Practice and from the wider community join in. The aim of the group is to overcome loneliness and isolation. (please note this is a Friendship group not a dating group)

**Tuesday A stronger Me—1.00—2.30** Low Moor Practice, Self esteem & confidence building run by the Recovery college

**Wednesday Coffee Mornings, 9.30—11.30** is open to all patients and takes place at the surgery. Call in for a coffee or cup of tea along with a biscuit and have a chat with us.



**Wednesday Afternoon 2.00—4.00** Breath Better Group at Sedbergh Community Centre, a very gentle, free exercise group

**Friday Low Moor Strollers 11.00—12.00**, Meet at Park Road entrance Harold Park, join us for a gentle walk and have a natter.

**COMMUNITY PARTNERSHIP:** Did you know we are part of a Community Partnership, it's called CP9. The partnership is made up of the following medical practices: Bowling Highfield Medical Practice, Rooley Lane Medical Practice, Tong Medical Practice and Low Moor Medical Practice. Patients of these practices can attend Restore BD4 + Recovery College. They run a number of free activities, why not take a look at the list below, please take advantage of these free sessions. Check out the notices in the surgery regarding 'Social Prescribing'

**RESTORE BD4 RECOVERY COLLEGE**

<b>MONDAY</b>	Stress Control 10am-11.30am	All4Men 10.30am-12noon	Body Confidence 11.45am-1.15pm	Escape Pain 2pm—3pm	
<b>TUESDAY</b>	Just For Us 10am-11.30am	Lost Friends Low Moor 11.45am-12.45pm	A Stronger Me Low Moor 11.45am-12.45pm	Art Works 1pm-2.30pm	Calm Zone 4pm—5pm
<b>WEDNESDAY</b>	Reminiscence 10-11.30 Monthly	Breathing Buddies 11.30am—12.30pm	Craft & Well Being 1pm-2.30pm		
<b>THURSDAY</b>	BKreative 10am-11.30am	Look After Your Body 11.45am-12.45pm	Lost Friends 1pm-2.30pm	Music 2.30pm—4pm	
<b>FRIDAY</b>	Escape Pain 1pm—2pm				

RESTORE BD4 Recovery College is being brought to you by Community Partnership 9  
 Tong Medical Practice    Bowling Highfield Medical Practice    Rooley Lane Medical Practice    Low Moor Medical Practice  
 Look for us on social media: Facebook.com/RestoreBD4    twitter @Bd4college

**DATES FOR YOUR DIARY:**

Wednesday 4, 11 & 18 March  
 Mothering Sunday craft sale at the coffee morning



6th—9th April Easter colouring competition and Easter Crafts and Tombola 9.30—16.30

**FACEBOOK:**

We now have our own Facebook page, **Low Moor PPG**. Please look us up, be a friend of our page and help share our news.



**DONATIONS,**

Don't forget any donations suitable for our Easter tombola would be greatly received plus if you have any unwanted crafting items no matter how small please consider donating to the Friendship/Craft group. Why not come and join us and share your knowledge we may be able to reignite that crafting spark!

**SEDBERGH COMMUNITY CENTRE**—this is an amazing place with lots of different activities to suit all age groups, They run Mother and toddler groups, Man only groups, a carers café and groups for the elderly. This is a jewel in our community for our community, call in and see what they have on offer. The staff are patient, friendly and can offer tons of advice. You can find them just down from the Odsal fire station on Huddersfield Road, BD6 1DJ. Not to be confused with the new sports centre

I hope you find the PPG newsletter useful if you have any comments or you'd like something included in future issues please email me at: [lowmoorPPG@gmail.com](mailto:lowmoorPPG@gmail.com).

Stay healthy—best wishes, Sharon Oxtoby, PPG Chairman

*Please note any comments in this newsletter are the views of the PPG and are not recommendations or endorsements backed by the Practice, the content is for information only.*