

# LOW MOOR MEDICAL PRACTICE PATIENT PARTICIPATION GROUP

NEWSLETTER JANUARY 2020

## CHAIRMAN'S UPDATE

Happy New Year and welcome to 2020! Here's a small piece of advice for you; when writing a date on any document this year, 2020, make sure you write it in its full format, e.g. 31/01/2020 and not as 31/01/20. Anyone can change it to any date from 31/01/2000 to 31/01/2099. This could render the document invalid!

On a more happier note I hope you all had a restful Christmas break and looking forward to the New Year ahead. So New Year resolutions, have you made any, are you wanting to get fit, give up any bad habits or develop healthy new ones? Don't forget your surgery and the Practice Health Champions are able to help and direct you where possible regarding stopping smoking, diet, fitness, clubs and social events.

Do you want to get fit and are you a Bantams Fan? Bradford City Football Club and Bradford City Community Foundation are helping fans tackle their weight, get healthier and be happier by joining FIT FANS. The 12-week programme will be run free of charge at the Utilita Energy Stadium from January 2020. To find out how to join the programme or get more information please go to: [www.efitrust.com](http://www.efitrust.com)

On a Wednesday afternoon at Sedbergh Community Centre 2.00—4.00pm there's the Breath Better Bradford Group, this group take part in very gentle and most importantly FUN exercise hosted by qualified staff and supported by our Practice Health Champions, a nice gentle way to get more active and improve your health.

## **IT'S A NEW YEAR - WHY NOT VOLUNTEER!**

Over the years I always had an inkling to 'give a little back' and do some sort of volunteering in my spare time but I never did. For years I didn't bother doing anything about it simply because I was reluctant to commit to anything long term. I wasn't sure how much spare time I really had and thought volunteering was 'not right for me', 'maybe in a few months' time', 'maybe next year'. The time was never right but after a major life changing event I became involved with the PPG and slowly found I could support them and still have time for other things. I understand volunteering can seem daunting but speaking from experience it is so worthwhile, to be able to help another person, even if it's just something small is worth the time I give up, my only regret - I wish I'd done it sooner. Please if you think you could spare just a small amount of time why not consider becoming a member of the PPG or a Practice Health Champion - help us help you. If you would like more information why not drop me an email at: [lowmoorPPG@gmail.com](mailto:lowmoorPPG@gmail.com)



## **FUND RAISING:**



Wow what can I say but a huge thank you to everyone who supported us during our Tombola Week in December! We raised a grand total of £267.09. I'd like to thank the Practice for allowing us to host the event in the first place and to thank everyone who donated items for the tombola stall and the raffle. Special thanks goes to TESCO on Halifax Road who very generously donated some amazing items for the fund raising event, B&M, Sainsbury's and Co-Op donated items for the raffle as well. In total we were able to offer eight raffle prizes all of which have been claimed. Finally thank you to everyone who supported us by buying tickets, having a coffee and purchasing items from the craft stall. Roll on our Easter Tombola!

## **PRACTICE WEBSITE: [www.lowmoormp.co.uk](http://www.lowmoormp.co.uk)**

The Practice website has been revamped with a fresh new look and simple navigation tools added, thank you to Alex the Practice Manager for his hard work in creating the website which looks amazing, and so much easier to use. Check it out!

Don't forget to check out the PPG section for updates, information and access to our newsletters.



## 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)

**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,

**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.

*Coffee Morning*

*Everyone Welcome*



## DATES FOR YOUR DIARY:

Dry January - Dry January challenges you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol.

Tuesday 14th January 10.30 PPG meeting at the Surgery, all welcome.



## FACEBOOK:

We now have our own Facebook page, **Low Moor PPG**. I'm not very experienced with Facebook but I've created a page so the PPG can post events and news on social media, this will be managed by one of the Practice Health Champions, who knows I may even learn how to use Twitter and try Tweeting next!



Please look us up, be a friend of our page and help share the news.

## DONATIONS - PLEASE:

After the huge success of the Christmas Tombola we will hold another event close to Easter, so please if you have any unwanted Christmas presents, that box of smellies you'll never use or you're having a clear out would you consider donating it to the PPG so we can make the next tombola as equally successful.

Craft items, we have had some amazing donations of crafting items which are being put to good use at the Monday Friendship/Craft group based at Sedbergh Community Centre 10.30 - 12.00. If you have any items you think the craft club may be able to use please let us know, balls of wool would be gratefully received so we can make pompoms. Donated items can be dropped off at the surgery ideally on a Wednesday during the coffee morning, stop and join us for a coffee and a biscuit.

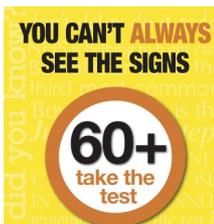


## CANCER AWARENESS: SCREENING SAVES LIVES!

Awareness of symptoms allows timely presentation by patients which will improve survival rates—fact. In layman's terms, if you had a leak in your ceiling you'd fix it sooner rather than later, and it won't take lots of work to mend. If you ignore the leak it will develop into a huge leak and be a bigger problem to fix, why not make sure when caring for your body you fix the small leaks while they are small.

Why do we not want to take part in screening? Are we embarrassed, feel uncomfortable or just think 'I feel fine and don't need it'. There's no hiding from the fact we all get embarrassed about our intimate areas but I know I'd rather have a few minutes of feeling awkward to maintain my health and have peace of mind. The doctors and nurses are human, they have the same body parts we do and perform the same daily functions we all do so let them help you. When you receive a letter to be screened please take part in the screening.

Did you know the number of people in the Bradford District who took part in bowel cancer screening compared to the nation average was only 55.2% and shockingly only 34% in Bradford City district. The national average was 60% of the population took part! —you may cringe but we need to talk about this! Get screened.



## DON'T DIE OF EMBARRASMENT!



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.