

LOW MOOR MEDICAL PRACTICE PATIENT PARTICIPATION GROUP

NEWSLETTER NOVEMBER 2019

CHAIRMAN'S UPDATE

Hello and welcome to our Winter Newsletter and wow hasn't winter arrived in style this year, it will be a while before my grass dries out. I'm the new Chair of your PPG and Bernard has kindly handed the reigns over to me, he is still an active member of the PPG and remains Chair of the Practice Health Champions (PHC). I'm sure you will all agree Bernard has done an amazing job over the past 2 years and I'd like to thank him for all his hard work.

Please allow me to introduce myself, I'm Sharon Oxtoby and I've lived in the Wyke, Lowmoor and Woodside areas of Bradford and I've been a patient of this Practice for many years. I know from first hand experience how beneficial some of the events run by the PPGs can be and how they can make a difference to our lives. We all know our doctors work very hard to help us get better when we're ill but I believe, along with other members of the PPG, that as patients it can be helpful if we look at others ways in trying to keep well both emotionally as well as physically. This is where your PPG and PHC try hard to think of ways in which to help our patients get more involved in their own health care—you may have heard it called 'Social Prescribing' in the news and on TV. Put simply this means getting patients involved in community projects/activities to combat social isolation.

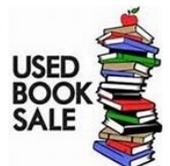
We run a number of activities so if you're at home, stuck in and feeling isolated, don't be. Come along and join us. It's well known that talking over a coffee, meeting others or gentle exercise can benefit us both physically and mentally.

If you know someone who you feel would benefit from one of these activities and you'd like more information please don't hesitate to contact me for more details by email: patientparticipation.group@nhs.net. or visit us on a Monday or a Wednesday at one of the activities. If you would like to be involved in your PPG or PHC we would love to hear from you, don't forget the more helpers we have the more we can offer our community. I look forward to working alongside all our volunteers and together lets make a difference!

FUND RAISING: The weekly Wednesday Coffee Morning continues to be popular, please call in and have a chat with Pauline, she makes a great cup of coffee and while there why not have a look at our small book sale, donations are welcome and all proceeds go to projects managed by the Health Champions.

Coffee Morning

Everyone Welcome



I'm pleased to announce due to the success of our fund raising a transport chair has been purchased for the Practice. This means should any person collapse within the practice they can be safely and quickly transported to an appropriate treatment area. So a huge thank you to everyone who has supported us. Our next fund raising project will be for the purchase of

FLU CLINIC: Despite the recent round of Flu Clinics taking place during major rugby matches we had a very good turn. Thank you to the surgery staff for giving up their Saturday's for the benefit of our patients. However, if you missed the recent flu clinics please make sure you get your vaccination.



Coughs and sneezes spread diseases



Trap the germs by using
your handkerchief

Do you remember being told to trap your germs in a handkerchief and did you know a sneeze can travel up to 100miles an hour!

Lets make sure we always have a tissue at the ready.



Looking out for our neighbours

It's that time of year again, short days and long dark nights, plus cold damp weather is enough to put a dampener on anyone's spirits, people can feel lonely or isolated especially during winter. There's a project called 'Looking out for our neighbours' which aims to encourage people to make small changes to help out their neighbours which will help reduce loneliness and social isolation. If you are interested and would like more information or to become a supporter please put this link into your computer:

<https://ourneighbours.org.uk/supporters/#OurNeighbours>.

Say hello... Let your neighbour know you are there for them if they need you! Just cut out the card opposite, write your message and post through your neighbours door. **Let's be there for one another...**

Don't forget The Practice Health Champions at Low Moor Medical Practice run a Friendship/Craft Group on Monday 10.30–12.00 at Sedbergh Community Centre, why not come and have a coffee and a natter with us. Sedbergh Community Centre have a number of activities taking place during the week for local people to be involved in such as The Happy Café, Young at Heart and Carers Café and gentle exercise classes these are to name but a few, there's something for everyone.

Sedbergh Community Centre, Huddersfield Road, BD6 1DJ. Tel:01274 679843

Website:

<http://www.sedberghcommunitycentre.co.uk/>

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.

NATURE WALKS IN LOW MOOR AND OAKENSHAW:

with Yorkshire Wildlife Trust part of BUD, Bradford Urban Discovery Project.



The walks take place every second Tuesday of the month from 11.00am until 12.00, starting on 12th November, 10th December, 14th January, 11th February and 10th March. Meet at Railway Terrace entrance to Raw Nook nature reserve (BD12 OLT). Join Yorkshire Wildlife Trust for a walk around your local green spaces. Get outdoors for some fresh air and find out more about the wildlife in your local area. Everyone is welcome to stay for lunch and in the afternoon join in with some green activities to improve your local spaces for wildlife and people. Please wear outdoor footwear for the activities or contact them if you need to borrow some.

For more information contact: peter.gurney@ywt.org.uk or call 07741 662663.

Hello Neighbour

I'm here if you need me.

Looking out for our neighbours

Only use this card if you feel safe and comfortable sharing your details with your neighbours.



KEEP WELL THIS WINTER:

I can't believe summers has gone, not that it really ever arrived, Autumn is nearly done and winter is well on it's way so is the bad weather. Here's a few tips to keeping well this winter:

Check your medicine cabinet— make sure you have the medicines needed to relieve headaches, sore throats and coughs as well as indigestion treatment for the odd over indulgence!

Prescriptions—very important, make sure you get your prescription medicines ordered in time before the doctors or chemist close for the holidays.

Don't feel well, Don't delay—visit your local pharmacist for advice on treatment before it gets worse so you can recover quicker

Eat well—try and have regular hot meals and drinks throughout the day

Keep warm and keep active by moving around at least once every hour and not sitting for long periods

Wear several layers of light clothing

Most importantly have your Flu Vaccination.

DATES FOR YOUR DIARY:

Blood clinic over the Christmas period:

Wed 18 Dec

Fri 20 Dec

Fri 27 Dec

Fri 3 Jan

Tombola week:

Mon 9 Dec until Fri 13 Dec



TOMBOLA WEEK 9—13 DECEMBER:

The Monday Friendship/Craft Group have been busy all year making various things and honing their craft skills as well as enjoying each other's company over a cup of coffee! The hand made crafts will be available to buy during the tombola week including a lovely selection of hand made Christmas and Birthday cards and of course there will be a tombola stall with various prizes so why not call in at the Surgery where the PHC will be sure to give you a very warm welcome, I do believe there will be some alcohol free mulled wine so why not join us in some Christmas cheer. All proceeds made will go towards our fundraising campaign.

THANK YOU:

I would like to thank our very generous patients, a number of whom have donated some wonderful crafting items for the Monday friendship/craft club. You are very kind and we all appreciate the donations.



POET'S CORNER.

I would like to thank **Barry Higgins** who has kindly sent in this poem to be shared in our Newsletter

The Low Moor Medical Practice,
Is filled with staff so true.

The Doctors and the Nurses' care,
Will help to pull you through.

All office and domestic staff,
Stand important in the rating.
They book you in - your kith and kin,
Providing comfort while you're waiting.

Now if your health is happy,
And does not need this crew,
Then think again - 'tis wintertime,
Get jabbed against the flu!

WHAT'S IN A NAME:

You may be wondering why the Monday group has a double barrelled name—is it a friendship group or a craft group, well it's both.

We felt as a craft group we might be preventing some people from joining. Those who had never crafted may want to socialise but were reluctant to do so as they have little or no experience in crafting, which in my case was very true, I'd never made anything before joining the group! We wanted the group to be more inclusive so decided the group should also be a friendship group, (note, not a dating group).

The crafts are an ideal distraction for those who want to get out and meet other people but get anxious at the thought of joining new groups or may struggle to start a conversation. What better distraction than learning crafts—this way people feel more at ease, they don't have to make conversation but can feel involved while being part of a group. Some people who join us on a Monday don't do crafting but are very happy to sit and natter over a cup of coffee. All the group want is to make sure people know there will always be a warm welcome for any one who wishes to pull up a chair and sit round a table amongst friends.

COMPUTERS/MOBILE PHONES:

Love them or hate them they are here to stay, Christine one of our PHC's has written a rather interesting article about them:

What is a computer, tablet or mobile phone to you?

I see these as a means to an end, tools to be used just as you would an iron, washing machine or television. They are not items to be scared of "I cannot get my head round technology, I will leave that kind of thing to the younger people or simply I'm too old for that" are the comments often heard when referring to the new wave of technology. Many people find it all too confusing and complicated or even believe they should never have been invented!



Stop there, let's have a look at just a fraction of the good things that have happened thanks to technology:

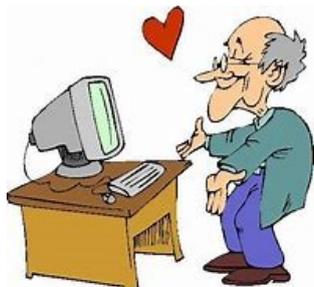
Many diseases have now been cured

We can be in contact with our family on the other side of the world

Disabled people have benefitted through better prosthetics and in some cases regained use of limbs.

We can entertain ourselves 24/7 if we want, no more being lonely sat at home with no one to talk to, there's a whole world at our fingertips just waiting to be explored.

We are now in the information age and it's here to stay so what can we do to embrace this technological age? Why not broaden our horizons, learn a new skill, watch something on UTube it's not all about people being silly! Check out such sites as Pinterest or take the plunge and search for something you're interested in. Computers can amuse, teach and generally entertain us. If you are curious and would like to learn more why not join us, we are a small but friendly group of people learning together in a fun and friendly way, if you're interested why not come and speak to Christine on a Monday morning at Sedbergh Community Centre 10.30—12.00.



Alternatively contact Age UK Bradford:01274 395144 or Carers' Resource on 01274 449660 and ask about a programme called 'Worth Connecting' Anyone aged over 55 living in Bradford district is entitled to support in getting better connected using IT, the benefits to them are, become more independent, reduces loneliness and improves self confidence and wellbeing. They may even loan you a tablet. So why not give it a go?

Practice website: <http://www.lowmoormp.co.uk/>

Check out the Practice website, it provides lots of helpful information that can guide you to the right place when you need advice. There's the opening times, you can order your prescriptions online, access test results, book an appointment and see what other services the Practice offers as well as latest Health News from the BBC and NHS. Please note you must be registered for online services to be able to book appointments and order repeat prescriptions. If you want to register for GP online services you need to fill out a form at the surgery and show two forms of ID one of which should have a photo (such as a UK passport or driving licence) and the other should have your address (such as a council tax bill). If you don't have photo ID or anything with your address on it, it doesn't mean you will not be able to use online services, the surgery staff may be able to help.

THANK YOU TO OUR PATIENTS:

The Practice would like to thank its patients for not missing their appointments and for arriving on time. Over a 3 month period 13,200 appointments were offered to patients and sadly 404 appointments were wasted because patients did not turn up, put another way 107 hours and 30minutes were wasted which is equivalent to 3 weeks work for one Practitioner! Please please if you are unable to keep your appointment or no longer need it let the surgery know. Thank you to the 96.4% of you who did attend your appointments.

FINAL WORD FROM THE CHAIRMAN:

My goodness Christmas is round the corner then before we know it we will be starting another year, 2021, I've only just got used to writing this year down! Sometimes it feels like the world is speeding up, there's never enough hours in a day and before we know it the week is through. I hope you all find time to have a restful and relaxing holiday and that the world will slow down a little bit so you can enjoy your time with family and friends, let's not forget those neighbours who have no one and can we offer a bit of Christmas cheer to them. Thank you to all the staff at the surgery for all their hard work and to the many volunteers who support us. I'd like to wish you all a peaceful holiday. Best wishes Sharon Oxtoby

I hope you enjoy our winter newsletter if you have any thing you'd like to be included in future issues please email at: patientparticipation.group@nhs.net.