



PPG Newsletter Winter 2021

Care Quality Commission (CQC)

The Surgery was rated GOOD following a recent CQC audit. The PPG extend thanks to Louise Cole (the Practice Manager) and the staff for all the hard work in achieving the rating.

Louise is leaving in December for pastures new. We wish her well for whatever the future holds.

Christmas and New Year Opening Times

The Surgery is open as normal except,
Monday 27th December CLOSED
Tuesday 28th December CLOSED
Monday 3rd January CLOSED

Green Social Prescribing

Our Green Wellbeing* also known as Green Social Prescribing is a community referral service which links people to nature-based activities that can improve both their health and their well-being.

Examples of these activities can take many forms such as.

- Active travel (walking or cycling)
- Local Park Runs
- Community gardening and food growing projects

If you would like more information, please click on the following link to find out more about Green Wellbeing.

<https://yourwellbeingbedfordshire.org.uk/green-wellbeing/>

Central Bedfordshire Older People's Network

The Central Bedfordshire Older People's Network seeks to promote the inclusion and integration of older people living in the various communities of Central Bedfordshire, to promote equality of access to information and services, to promote a positive attitude to ageing and to promote an enhanced quality of life for older people

The Network is open to all who represent the views of older people, this could include older people themselves, whether or not in receipt of services, together with their carers, organisations and groups who represent the voice of older people.

It is a great chance for everyone in Central Bedfordshire to learn more about challenges that older people face and to get involved by offering support they need. Central Bedfordshire Council commits to using the Network to raise awareness and connect with many community organisations in order to reach out to older people in accessing different preventative services.

The Network is made up with residents in Central Bedfordshire along with various departments and its partners to support a range of activities and events across Bedfordshire. The list of members can be found on the back of the newsletter.

The Central Bedfordshire Older Peoples Network hold quarterly meetings, in a variety of locations across Central Bedfordshire, to enable, as often as possible, interested older people to attend in their own localities.

Keeping Warm

As part of the national and local drive to tackle fuel poverty and climate change, there is a wide range of help and advice available both locally and nationally. Central Bedfordshire Council works closely with the **Energy Saving Trust**, which provides free and independent advice on what type of measures would be beneficial for your type of home. The Energy Saving Trust can be contacted for free on **0800 444 202**.

CBC offers a number of different housing grants and loans, including the following which can help with insulation and/or heating. Find out more about the support available by clicking on the following link.

https://www.centralbedfordshire.gov.uk/info/74/housing/362/keeping_warm

Stay Well this Winter

The following advice is from the NHS.

Keep active

There's strong evidence that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression, and dementia. Regular exercise can help improve your mental health, reduce the risk of falling and can be beneficial for recovery if you do get ill. Try to reduce the amount of time you spend sitting down during the day. Break up your time spent being inactive by walking around your home or standing up from your chair during TV advert breaks or when you're on the phone.

There are many activities you could do at home, such as walking up and down stairs, dancing, gardening, housework, or taking part in online fitness classes. It doesn't matter what you do, as long as it's something you enjoy and keeps you moving. Don't do anything that doesn't feel comfortable and trust your instincts about your own limits. Stop if you are feeling any pain or lightheaded and stay hydrated.

For tips on keeping active go to

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>

Look out for other people

Remember that other people, such as older neighbours, friends, and family members, may need a bit of extra help over the winter. There's a lot you can do to help people who are more frail than you.

Icy pavements and roads can be very slippery, and cold weather can stop people from getting out and about.

Keep in touch with your friends, neighbours and family and ask if they need any practical help, or if they're feeling under the weather. Make sure they're stocked up with enough food supplies for a few days, in case they can't go out. If they do need to go out in the cold, encourage them to wear shoes with a good grip and a scarf around the mouth to protect them from the cold air, and to reduce their risk of chest infections.

And make sure they get any prescription medicines before the Christmas holidays start and if bad weather is forecast.

If they need help over the holiday period when the GP practice or pharmacy is closed or they're not sure what to do, NHS 111 can help. The service is available online at <https://111.nhs.uk/> and by phone. By answering questions about their health problem they will be told what to do and where to go. You can also find information at <https://www.nhs.uk/>

Feedback on the Newsletter

We would like to hear your feedback on the newsletter. Do you find it useful or informative? Is there something you would like us to cover in future? If so,

Email us with your comments or a request to receive the Newsletter by Email to lrspatientrep@nhs.net or leave a note for the PPG at reception.