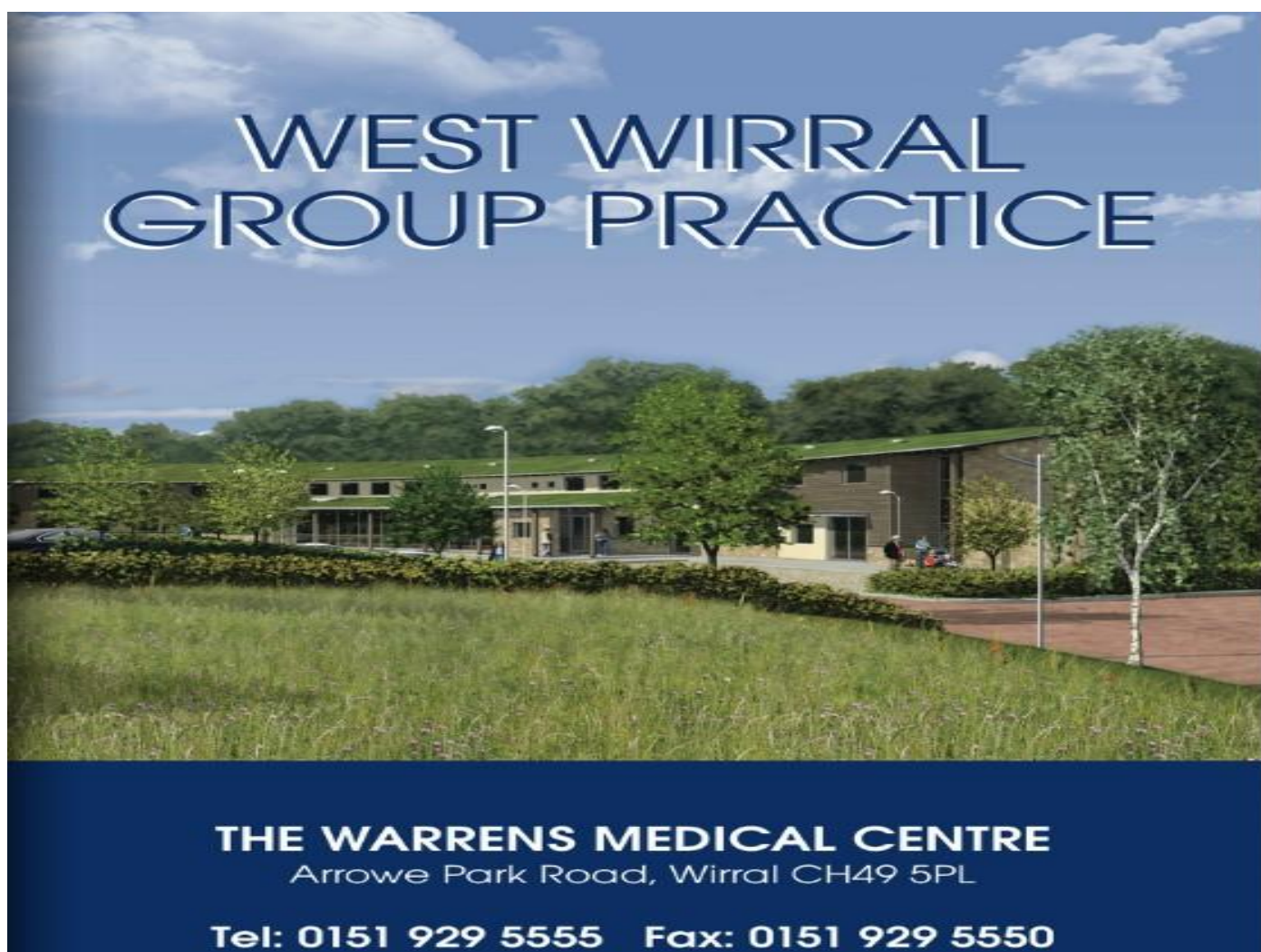


Winter Issue
December 2018



Patient Participation Group (PPG) Newsletter



The Warrens Medical Centre Website can be found at the following address :- <https://www.westwirralgrouppractice.org.uk>

What's in this issue?

Page 3
News in
Brief

Page 4
NHS
Updates

Page 5
What's on
this winter

Page 6
Create and
Chat group

Page 7
All the lonely
people

Page 8
myGP® APP

Page 9
Donate blood
this winter

Page 10 & 11
Osteoarthritis
exercises

Page 12
Useful
Contacts

News in Brief

New PPG Newsletter Editor

Let me introduce myself. I am Gillian Carswell and last year I joined the PPG at the Warrens and recently took over as newsletter editor. I hope you enjoy reading my first issue. If there is any news, information or articles that you would like to see in the newsletter or if you have any feedback then, please contact me at ppgnewsletterwwgp@gmail.com You can do this by clicking on my underlined email address. I have also used other hyperlinks (underlined sections of text that will bring up a webpage when you click on them) in the newsletter so that when reading the electronic version, you can quickly access relevant web pages for further information. For example, clicking on the following will take you directly to the NHS web site. <https://www.nhs.uk> There are plenty of opportunities for patients like me to become involved with the PPG and to actively take part in PPG group meetings or contribute to some of the social and wellbeing groups to deliver sessions or activities for others in our community. The Create and Chat group described in this newsletter is one example but we are always looking for new groups. Please contact ppg.wwgp@gmail.com if you have any ideas or are interested in helping.

Christmas Opening Hours

Monday 24th December	7am to 6pm (doors close 5.55pm)
Tuesday 25th December	CLOSED
Wednesday 26th December	CLOSED
Thursday 27th December	8am to 6pm (doors close 5.55pm)
Friday 28th December	8am to 6pm
Saturday 29th December	CLOSED
Sunday 30th December	CLOSED
Monday 31st December	7am to 6pm (doors close 5.55pm)
Tuesday 1st January	CLOSED
Wednesday 2nd January	7am to 6pm (doors close 5.55pm)

Please allow plenty of time for ordering your repeat prescriptions over the Christmas period

Christmas Carols

Children from Thingwall Junior School will be here to sing carols for patients in our waiting area on Wednesday 19th December just after 9am, you are very welcome to sing along too.

NHS Update



The NHS Health Check is a health check-up for adults in England aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk. More information can be found at

<https://www.nhs.uk/conditions/nhs-health-check/>

Urgent Care Consultation

Urgent Care means the services you use when you have an illness or injury that is not life-threatening, but you need an urgent clinical opinion (within 24 hours). There is a consultation under way on the proposed changes for urgent care in Wirral.

Comments can still be submitted until 12th December 2018 by anybody who wants to input into this process. Further details are available at

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

Know your healthcare options this Christmas and New Year

Visit the following website to see all of the options available to you this Christmas and New Year or call 111

**STAY WELL
THIS WINTER**

<https://www.wirralccg.nhs.uk/news/your-healthcare-options-this-festive-season/>

What's on this Winter

Dementia Carers Group

This group will meet at the Warrens medical Centre at 2pm on Wednesday 12th December in the upstairs meeting room. Please contact Patricia Gittens for more information. Patriciagittens@btinternet.com

Singing Café

Singing Cafes are held across Wirral for lonely and isolated people.



Telegraph Road Heswall
(nr Bus Depot)

each Wednesday

Doors Open 10.30am 'til 12 noon

"Come, Relax and have a
coffee and sing-along"

All enquiries to 0151 342 3471 (Church office)

Art @ Flissys

ART SOCIAL

At Flissys

Local artist Naomi, will be hosting weekly two hour art workshops at Flissys Coffee Shop, Thurston.

Due to commence on September 10th at 9:30 - 11:30 AM. With a strong emphasis on art for wellbeing and relaxation, an unrushed approach with gentle guidance if required.

No previous experience is needed and all art materials will be supplied

Come and enjoy some good company and good coffee and get social.

£15 per person per 2 hour workshop

Or £50 x 4 2 hour workshops

£5 deposit per workshop is required to reserve your space
[paypal.me/raselliartwork](https://www.paypal.me/raselliartwork)

Or give me a call

07922004749

If enough patients are interested it is possible that we could have our very own singing café or art social here at the Warrens. Please get in touch with the PPG if you would like to attend. ppg.www@gmail.com

Radio City Toy Appeal

Mission Christmas is back to make this Christmas Day different for the thousands of local children living in poverty who are in danger of waking up to no presents on Christmas Day. For some families Christmas is a luxury they just can't afford. If you're able to, please buy an extra present this year and donate it to Mission Christmas. They're looking for new and unwrapped gifts suitable for children and young people aged 0 to 18. The Warrens is a drop off point for you to donate your gifts by 14.12.18. more details on their website.





Create & Chat Group

by Debbie Simnor, PPG member

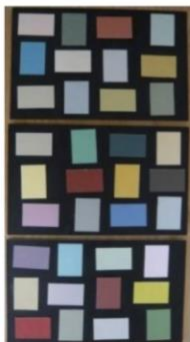
I joined the Warrens Medical Centre's PPG (Patient Participation Group) about 6-years ago after attending an event in Bromborough that included a presentation by the Wirral Clinical Commissioning Group (CCG). The event sparked an interest in how health services were going to meet the increasing demands being placed on them; and it seemed reasonable to believe that patients' input had a role in helping to inform the delivery of health services at the Warrens and across Wirral.

Then, as time went on, I began to feel that I wanted to change my attention to doing something that more directly helped patients instead of attending discussions and meetings. So, last year, I took the decision to step aside from the main committee and focus, instead, on setting up and co-running a group for patients who would benefit from doing creative activities. As a volunteer elsewhere, I'd already seen how patients of all ages had enjoyed creative activities and how beneficial they could be. With the help of a fellow volunteer, the support of the Practice and a small budget from the GPs to buy some craft/art materials, the new group got underway.

Apart from being enjoyable, creativity is believed to help relieve stress and anxiety, and help distract the mind, if only for a short time, from concerns and negative thoughts. Advances in technology are helping neuroscientists to better analyse the brain during creative thinking. It has been found that it is no longer a simple case of left-brain and right-brain being the divide between logical/analytical and creative/innovative thinking. Whatever the complexity of the brain's 'wiring', it is a simple fact that many people lose touch with their creative side as they grow up. How many of us have said something like: *"I haven't painted since I was at school"*? or *"I used to enjoy [doing an activity] but don't do it any more"*?



The 'Create & Chat Group' runs on the first Thursday of each calendar month at the Warrens Medical Centre, between 11am and 1pm, and is open to those who are 'creative novices' as well as those who are not. Over the last year, the group has dabbled with acrylic and water colour paints, made cards, created lavender-scented hearts, painted pebbles and bird boxes, doodled with ink pens and created collages. Patients can join in the activity being done on a particular day or choose to do their own thing.... or just watch and chat. A range of materials is available and assistance is given if wanted. The group aims to provide a supportive and friendly environment that enables people to enjoy whatever they are doing: It is not about producing works of art.



People who feel alone and who would like to meet up with other people are particularly encouraged to come along and see what goes on. **If you are a patient registered at the Warrens Medical Centre, or know someone who is, and would like further details about the Create & Chat group, email Debbie**

at Create.ppgwwgp@gmail.com

All the lonely people



Age UK have just published a report on loneliness among people aged 50 plus. They predict that, if we don't tackle loneliness, by 2026 there will be 2 million people over 50 in England who will often feel lonely. It is important to understand the circumstances associated with feeling lonely what can be done to support people to tackle feelings of persistent loneliness

In the last couple of years public awareness of loneliness and the impact that being persistently lonely can have on well-being and quality of life has grown with campaigns such as Age UK's No One Should Have No One, the work of the Jo Cox Commission and the Government's appointment of a Minister for Loneliness. Age UKs across the country provide support to older people to help them stay well & enjoy life in the company of others, with activities ranging from lunch clubs to exercise classes and choirs. Older people and their families can call Age UK Advice for free on 0800 169 65 65 to find out how the Age UK network can help someone who may be feeling lonely.

For more information on the Charity's latest report on loneliness please visit read visit the web page.

[All the lonely people report](#)



myGP® App

Many of our current patients are already using our online Patient Access to book GP appointments and order repeat prescriptions. A new App called myGP has recently been launched that some patients may prefer to use. Other apps are being developed by the NHS as the use of technology

Simple Sign-in
Get started with just your mobile number and date of birth

Care for your family
Easily book and cancel appointments for you and your loved ones


Tracking
Keep on top of your medication, weight and blood pressure

 **DOWNLOAD THE FREE myGP® APP TODAY**






Download the myGP appointment bookings app to your smartphone for free. myGP was developed to make access to healthcare easier and faster for patients. Once downloaded, simply log-in with your date of birth and mobile number and add the people you care for, allowing you to book and cancel appointments for them. It's really that easy! For more information, please visit: ilovemypg.com





Simple Sign-in
Get started with just your mobile number and date of birth

Care for your family
Easily book and cancel appointments for you and your loved ones

Tracking
Keep on top of your medication, weight and blood pressure

DOWNLOAD THE FREE myGP® APP TODAY

Blood Donation



**Join the thousands of amazing blood donors in
Liverpool saving lives everyday**

Give one hour to donate one unit to save three lives.

Make a date to donate at;

Heswall Hall, Greasby Methodist Church,
Prenton Army Reserve Centre or Upton Victory Hall

O positive, O negative & B positive donors needed now

Book an appointment or register at www.blood.co.uk
or call 0300 123 23 23

Join us at **blood.co.uk**



Osteoarthritis

Is exercise safe and will it help my osteoarthritis?

Exercise is safe and has multiple benefits for people with osteoarthritis:

- eases stiffness and improves flexibility
- helps prevent loss of muscle strength
- releases 'feel-good' endorphins, which can act as natural painkillers
- helps manage body weight and reduce the strain on your joints.

Many people with osteoarthritis are afraid to exercise because they believe – mistakenly – that it will cause further damage to their joints. However, joints are designed to move and inactivity is harmful to the tissues in and around the joint. So to help joints, you should stay active.

How do I get started?

It's never too late to start exercising! If you think it would help you get started, join a local exercise group or involve your friends and family.

Two important things to remember are: (1) to set realistic, achievable goals, and (2) to do exercise that you enjoy. Doing this will help you to continue to be motivated to exercise.

The key to maximising the benefits of exercise is to do it regularly. Most people take a while to learn

how much they can and can't do – just remember to build up slowly and pace yourself. If you feel that you may have over-done it have a rest for that day and start again the next, but reduce the amount you were doing. Then gradually increase it again each day.

You shouldn't feel completely exhausted or in lots more discomfort after exercising, although you should feel as if your muscles have done some work and been stretched a little.

What should I wear?

People can be unsure what to wear while exercising. Loose-fitting clothing that does not restrict movement and that allows you to do the exercise comfortably is best.

What you wear on your feet is particularly important. Footwear needs to be well fitting,

so your foot is held in place and does not slide around, though wide enough so your toes do not get squashed. Soft, well-cushioned insoles may provide some shock absorbency and protection for your joints.

What sort of exercise is important?

Exercise need not involve equipment and often the simplest exercises are the best.

General physical activity, such as walking, and specific muscle-strengthening and stretching exercises such as those shown overleaf are often recommended for people with osteoarthritis.

General physical activity

Everyone with osteoarthritis should do some general physical activity that makes them out of breath. For example, walking is a really good way to achieve health benefits. You need to start gently and set goals to gradually increase the amount you do.

Target to build up to: It is recommended that we should all aim to build up to 30 minutes of physical activity that makes us a bit short of breath 5 times a week. If you don't have time for a 30-minute session, break it up into three or four 10-minute bouts throughout the day and build these into your normal daily routine.

Strengthening and stretching exercises

Below are some exercises you might like to try if you're having problems with your knees, hips or hands. Such exercises keep your muscles strong so they can help to support the joint and keep your joints mobile. Try to do strengthening and stretching exercises 3 to 5 times per week.

For the strengthening exercises, start with as many repetitions as you can comfortably do and build up gradually. Aim to complete between 6 and 15 repetitions.

For the stretching exercises, slowly move as far as you can until you feel a stretch in the muscles around the joints. At first, hold the stretch for as long you can without discomfort. Ideally, aim to build up to holding a stretch for up to 20 seconds.

Exercises

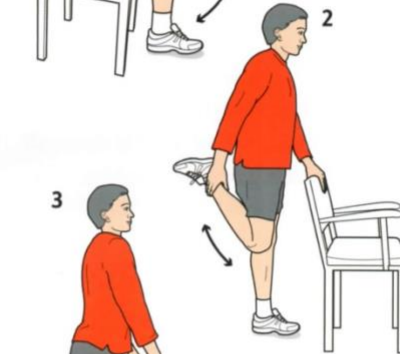
1. Knee (strengthen)

Sit on a chair. Lifting one leg at a time pull your toes up, tighten your thigh muscle and straighten your knee. Hold the position, then relax and repeat.



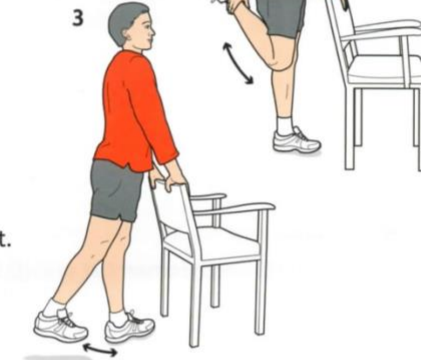
2. Knee (stretch)

Stand behind a chair holding on with one hand for support. Move the ankle towards your bottom and hold in place with your other hand. Slowly return to starting position and repeat.



3. Hip (strengthen)

Stand behind a chair using both hands for support. Slowly move your leg backwards keeping your knee straight. Do not lean forwards. Slowly return to starting position and then repeat.



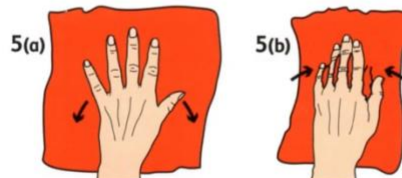
4. Hip (stretch)

Lie on your back on a bed or the floor. Pull each knee in turn to your chest, keeping your other leg straight. Hold the position, then relax and repeat.

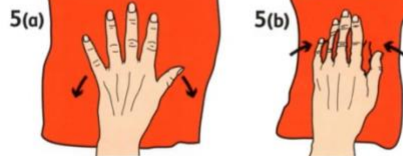


5. Hand (strengthen)

(a) Begin with the palm of your hand on a towel on a table, fingers apart.



(b) Pull fingers together by pressing your hand down into the table and bunching up the towel between your fingers. Relax the fingers and repeat.



6. Hand (stretch)

Bend the first two joints of your fingers down as shown, and then straighten again.



This 'Information and exercise sheet' can be downloaded from the Arthritis Research UK website: arthritisresearchuk.org/infoandexercisesheets.

First published in Hands On, June 2005. Arthritis Research UK, Copeman House, St Mary's Court, St Mary's Gate, Chesterfield, Derbyshire S41 7TD. arthritisresearchuk.org. Registered Charity England and Wales no. 207711, Scotland no. SC041156.

SD-17-0118

For further information on arthritis please visit the following web site
<https://www.versusarthritis.org/about-arthritis/>

Useful Telephone Numbers

Warrens medical centre	9295555
Arrowe Park Hospital	678 5111
Clatterbridge Hospital	334 4000
Social Services	625 0045/647 7000
Citizens Advice Bureau	342 6371
Wirral Borough Council	647 7000
St Catherine's Community Trust	514 2888

PPG contacts

ppg.wwgp@gmail.com

ppgnewsletterwwgp@gmail.com