

Stethoscope

Great Harwood Medical Group PPG Newsletter

May 2023



Great Harwood Health Centre

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We would like to welcome back:

Dr Ansar



We would like to say farewell to:

Dr Hayden-Pawson



April Minutes In Brief

- * Long standing member Mr Colin Cooper shall be sent a card thanking him for his service to the group.
- * PATCHS - You can use PATCHS to contact the practice for health advice, condition monitoring and fit notes. If you wish to order medication please use the NHS App.
- * Community Activity Booklets we now have a very limited number left.
- * Practice new telephone number 01254 457784. Initial feedback is good, patients like the call back option.
- * Covid Spring Booster eligible patients can book online or by phoning 0300 7906 856.
- * Practice Survey – questions were discussed.
- * Facebook - Our page has 33 full time followers but does generate a lot of likes on the communal pages.
- * Community Activity Booklet - we will produce a 2nd edition.
- * Feedback from Patients –

Our HCA: "Rachel was a delight and she deserved to be told"

Jo and Alishia from our Mental Health Team are doing excellent work.

It was discussed that patients having regular tests aren't always co-ordinated, this will be looked into.

A parent of a service user was trying to obtain antibiotics had to wait a few days. However this was favourably resolved.

- * Next Meeting - Tuesday 18th July 1.30pm.

Following the success of our:
Community Activities



Booklet



**If further funding is found
then we hope to publish a 2nd
Edition**

**Do you know of any activities
that should be included in
the new booklet?**



It's FREE and you could increase your membership

**Please contact in the first instance;
Sarah Lord (Practice Manager) at**

sarah.lord@nhs.net

Mental Health Prevention & Promotion

We can work with you to discuss your mental wellbeing, improve your understanding and learn new skills to help improve the way you feel

What?



We offer face-to-face, telephone or virtual appointments. Whichever suits your needs best

Where?



Book an appointment with your GP

Let them know how we can help, they will direct you to the right place

Receive a phone call from our T/APP

How?



Our T/APP will contact you when appointments become available. You will be offered up to 5 x 45-minute sessions

When?



About us

We are (Trainee) Associate Psychological Practitioners (T/APPs) based in 7 local GP Practices

We are here to promote positive mental health and to prevent mental health deteriorating

We can help with things such as;



Anxiety

We can help teach coping strategies, relaxation techniques, ways to challenge thoughts and more to alleviate anxiety



Low mood

We can educate on negative thoughts, learn coping strategies, relaxation techniques and more to improve mood



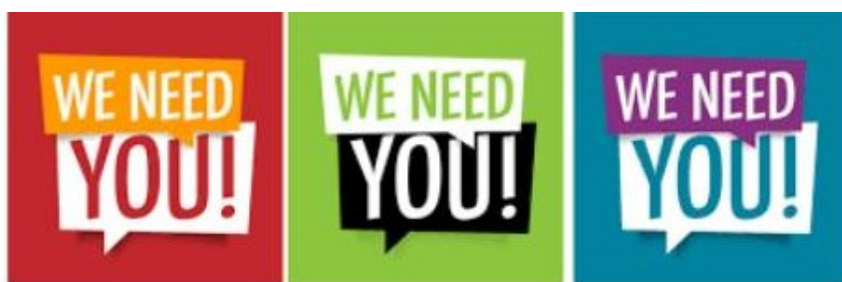
Stress

We can provide coping strategies for stress and learn better ways we can manage our stress



Sleep

We can provide education on sleep hygiene and give tips to improve the quality and quantity of our sleep



Your

**Patient Participation Group
want new members**

so we are representative of
our local community



We meet 4 times a year
and are a link between
Patients and the Practice

Please contact in the first instance;

Sarah Lord (Practice Manager)

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