



Newsletter December 2015

Who are The Charter Patient Group?

Welcome to our December Newsletter 2015. The Charter Patient Group are a group of volunteer patients who work with the managers and clinicians at the practice to support and promote the best possible health care for all patients at the practice.

We always welcome new members, particularly those that have recently joined us – whether from other surgeries such as Goodwood or for any other reason. We want to gain a wide variety of opinion.

If you are interested in joining us we would love to hear from you. Please do get in touch:

Email: charterpatientgrouphove@gmail.com

Website: <http://www.chartermedicalcentre.co.uk/ppg.aspx>

Or leave a message in our Feedback box situated at the Charter Patient Group information table at the Charter surgery

News from our recent Charter Patient Group Public Meeting – 14th September 2015



Many thanks to those that attended our Public meeting last month at our Charter Medical Centre Surgery!

We had a good turn out with guest speaker Hannah Lane, from Active for Life (AFL) which is a council initiative to get Brighton and Hove healthy and active. She mentioned that this year the organisation celebrates its tenth anniversary and will soon be receiving funding from Public Health. A survey found that 2000 people who had become more active as a result of joining AFL activities found that their mental health had improved.

Sessions offered are low cost and locally based, with a focus on: Active Families, Get Active Locally, Girls Get Active, Streetgames, Active Forever, Active for Life Clubs, In Shape for Life

She mainly talked about **In Shape for Life**, where step by step support is given to those who would like to lose weight and start exercising in a gentle way, with long term goals.

Healthwalks are also closely affiliated with AFL, with a Monday afternoon walk at St Anne's Well Garden (2pm meet at Garden Café)

For more information on our Healthwalk, check our Patient Group notice board or check [here](#) for details

If you were not able to make this meeting, why not join us in March for our AGM Public Meeting? More information to follow so watch this space!

Charter Patient Group Chair, Nora Mzaoui

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Updates

Introducing Jackie Martin, Community Development Worker for The Trust for Developing Communities



Jackie will be working to support the Charter Patient Group, helping with promotion, administration, volunteer recruitment and signposting for resources and services.

The Trust are being commissioned by the Clinical Commissioning Group to help support surgeries across the city of Brighton and Hove to help foster and grow Patient Participation Groups. Community Development Workers have been employed as experienced in establishing and developing community groups

Please feel free to contact Jackie Martin with any questions, and particularly if you are interested in volunteering for The Charter Patient Group (further details below)

Email: jackiemartin@trustdevcom.org.uk / Phone : 07449 464695

Are you interested in volunteering for The Charter Patient Group?

Would you be able to help with any of the following activities?

- Talk and listen to patients with whom you share some needs or Interests
- Search websites at home for information useful to patients
- Help with refreshments at quarterly patient group meetings
- Take notes at quarterly patient group meetings
- Lay out information in the waiting areas
- Think of questions for surveys to send to patients
- Send your ideas to the patient participation group committee
- Join the committee which meets four times a year
- Write for the patient group newsletter and/or produce the newsletter
- Join special groups in Brighton and Hove that support health and social care
- Design publicity materials
- Help organise events for patients
- Use your IT skills to support the work of the PPG
- Keep our website up to date

Please contact Charter patient group if you would like to get involved:

Email: charterpatientgrouphove@gmail.com

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Top tips for keeping warm and well this winter from Age UK

“Cold weather can be bad for our health, especially for people aged 65 and older. As we age it takes longer to warm up, which raises the risk of increased blood pressure, heart attacks and strokes”

These are some easy things you can do to help yourself stay healthy over the winter:

Keep warm

Heat your home to at least 18C (65F). You may prefer your main living room to be slightly warmer. Keep your bedroom window closed on a winter's night. Breathing in cold air can increase the risk of chest infections.

Get financial support

There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. View the Keep Well Keep Warm booklet on line to learn more (www.gov.uk/phe/keep-warm)

Look after yourself

- Contact your GP to get your free flu Jab if you are aged 65 or (and others who are eligible), including if you live in a residential or nursing home, or are the main Carer for an older or disabled person. **NHS Choices** provides information about flu. (visit www.nhs.uk/flu to learn more)
- Don't delay in getting treatment for minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment before it gets worse so you can recover quicker
- Layer your clothing whether you are outdoors or inside. Wrap a scarf around your mouth to protect your lungs from the cold air
- Wear shoes with a good grip if you need to go outside.
- When you are indoors try not to sit still for more than an hour or so. Get up, stretch your legs and make yourself a warm drink.

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- Have your heating and cooking appliances checked by a Gas Safe registered engineer to make sure they are operating safely. Also check electric blankets.
- Contact your water and power suppliers to see if you can be on the **Priority Services Register**, a service for older and disabled people.
- For more information about how to stay warm and well in winter visit Age UK's website www.ageuk.org.uk/winterprep or call **0800 587 0668**

Useful Information for Charter Patients

❖ **HealthWatch**

Healthwatch Brighton & Hove is our local consumer champion for health and social care. They support local children, young people, adults, and their communities to influence the design, delivery and improvement of their local health and social care services now and for the future. For more information on what they do and to read their newsletter please click [here](#).

❖ **Hove Stroke club**

The Hove Stroke Club is a friendly and open space, offering refreshments and a chance to speak to others about your stroke.
The club is open to all stroke sufferers, their family and friends!

Every Friday between 2 and 4 pm at Bishop Hannington Church, Nevill Avenue, Hove, BN3 7NH
For more information, call Anne 01273 731363 or Freda 01273 326100

❖ **Health Champions**

Would you like to be a Health Champion?
Health champions are a link to groups and communities in the city of Brighton and Hove, helping to spread health messages more widely.

Health Champions pass on messages and campaigns about health within communities, helping to develop a two way communication

The role can be as much or as little as you wish

If you are interested in becoming a Health Champion please contact Jane Lodge:

Email: jane.lodge1@nhs.net / Phone : 01273 574649



Brighton and Hove
Clinical Commissioning Group

❖ **Get Active Activities in Hove to keep you fit, well and active over Autumn/Winter!**

1) St Ann's Wells Garden Walk, FREE

Mondays, meet at Garden Café at 2pm for easy and social walk

2) Girls Be Active, only £2

Tuesdays, 4.30 – 5.30pm, Kings Alfred Leisure Centre for Zumba, gym and swim for girls 14+

3) Social Ping and Short Tennis, only £2/£2.50

Wednesdays, 10.30am – 12, King Alfred Leisure Centre, fun activities for over 50's

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4) In Shape for Life, only £2/£3

Fridays, 9.30 – 10.30am, Portslade Sports Centre, circuit based activities for all

5) Portslade/Bensfield Valley Walk, FREE

Saturdays, 11am, Meet at Sainsbury's entrance (BN3 7GD) for more challenging walk with beautiful views

For more Information: <http://www.brighton-hove.gov.uk/sites/brighton-hove.gov.uk/files/Get%20Active%20Autumn%20Winter%202015%20web%20version.pdf>

Contact Us - Charter Patient Group

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Thanks for reading!

Disclaimer

The content of this newsletter is for general information. The articles have been accepted in good faith by the editor and the accuracy of statements has not been independently checked. The PPG committee accepts no liability for any inaccuracies or omissions. Readers should consult appropriate health professionals on any matter relating to their health and wellbeing.

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