

# The Waterfield Practice

## Patients Group

February 2022

Welcome to your February Waterfield Practice Patients Group Newsletter and we wish you a rather belated Happy New Year! With all the inclement weather we have been experiencing it is important that we all take extra care with our health in the remaining Winter months, so please check out the Waterfield Practice website news where you can find information and advice. Just click on [https://www.waterfieldpractice.co.uk/practice\\_news/bracknell-forest-council-winter-health-and-wellbeing-advice-2021-2022/](https://www.waterfieldpractice.co.uk/practice_news/bracknell-forest-council-winter-health-and-wellbeing-advice-2021-2022/), where you can also find up to date news from the Practice. We hope you enjoy this issue and, as always, if you have any questions or suggestions for future articles or information that you would like us to include please get in touch using the email address at the bottom of this newsletter.

### Waterfield Practice News

#### GP Appointments - How can you help?



The Practice continues to grow while, at the same time, providing all services to patients as they have done throughout the Pandemic and we thank everyone who has followed the advice and changes in procedure which has enabled us to do so.

Looking forward, we are very keen to ensure that patients can be seen by a health professional in a timely manner and, with this in mind, we would like to remind everyone that each and every appointment is precious.

Therefore, if you are unable to attend your appointment, please, please contact the surgery and let us know so that we can offer your appointment to another patient.

#### Staff Continuous Improvement

Our Deputy Practice Manager, Julie Kamara, is working hard alongside her other duties to complete a Level 5 Operations Management Apprenticeship and recently spoke about her reasons and experiences in this short case study which we thought you may find interesting.

Well done, Julie and good luck with the rest of your apprenticeship!

#### Why did you decide to study the level 5 Operations Management Apprenticeship Programme ?

In the future I want to apply for a practice manager role. I have gaps in my skills and experience and I want to feel ready for when the opportunity arises! I will have analysed my own leadership style and developed a range of skills to manage a GP practice during the severe pressures we will continue to face.

Thames Valley Primary Care Apprenticeship Case Study	
 Primley Training Hub <small>supporting the development of the primary care workforce</small>	 Bucks Training Hub <small>Achieve - Collaborate - Transform</small>
 OTH <small>Oxfordshire Training Hub</small>	 Berkshire West Training Hub
<b>Operations Management Apprenticeship</b>	<b>Julie Kamara</b> Deputy Practice Manager Waterfield Practice, Bracknell

#### Who funded your apprenticeship training programme ?

As a non-levy paying organisation with less than 50 employees, we had the choice to co-fund or request a levy transfer from a larger organisation. My manager decided to co-fund as it was quicker and at only £350 contribution this is great value for a foundation degree!

## What mentoring or support do you receive ?

I have regular meetings with my Practice Manager, and I get excellent support from my colleagues and GP's. I am given time to study at home once a week. This consistency has had a positive impact on my work-life balance.

## Your advice to others considering the Level 5 Operation Manager Apprenticeship?

- get your Apprenticeship Service account (DAS) set up early!
- prepare for the intensity - the programme I chose relies on self-directed learning, so self-discipline is very important.
- decide early on a project that will be useful to both you and your organisation.
- learn when to say no - managing rotas, staff absences, covid priorities and meeting apprenticeship deadlines is no easy task. Learning to priorities is key.
- If you don't have your functional skills level 2 equivalent maths and English qualifications - achieve these before you start the apprenticeship.

**Contact your local Training Hub more information about the level 5 Operations Management Apprenticeship or for advice about Functional Skills.**

## Prostate Cancer UK - March the Month

March the Month is a virtual step challenge for anyone who wants to keep active and help beat prostate cancer. Whether you're walking or wheeling, take on 11,000 steps a day throughout March. You'll be doing it for more than 11,000 dads, partners, brothers, grandads and mates who die from prostate cancer every year.

**Sign up** and raise money to fund lifesaving research to help beat prostate cancer.

We know it's a tough challenge but the great news is you can do it however YOU want to. Set your own step goal and work towards your personal challenge. If you've got any questions about the challenge or Prostate Cancer UK's work, please contact the team at [marchthemonth@prostatecanceruk.org](mailto:marchthemonth@prostatecanceruk.org)



**Hit 11,000 steps a day this March and help beat prostate cancer**



## Waterfield Hub Patient Participation Group (PPG)

### Practice Patient Group - Join us and have your say!

We are looking for more people to join the Patient Group . The NHS is for everyone and as part of the Waterfield Practice PPG we can provide additional volunteer resources to enable all patients to receive the best service and care. By attending monthly meetings with the Management of the Waterfield Practice we are able to learn about changes and improvements to the practice and also offer our suggestions and opinions on the practice operation from the point of view of the patient. Registered patients are welcome to attend the meeting which is currently held on line via Microsoft Teams .

If you would like to know more about the activities of the group and feel you may wish to join us please email : [Baccg.healthmakers.waterfield@nhs.net](mailto:Baccg.healthmakers.waterfield@nhs.net)

## HealthMakers Waterfield Hub - Self Management Course

Do you live with a long term health condition? If so, you might like to learn more about our HealthMakers **Introduction to Self-Management** course which is run online over 3 weeks. The course is suitable for anyone who could benefit from learning self-management skills and who will be confident enough to access the course materials and sessions online. Through a series of interactive virtual training sessions, which you can join from the comfort of your own home.

During the course, you'll:

- Gain knowledge, skills and attitudes for good health and wellbeing
- Develop listening skills and the ability to learn from others
- Create and participate in strong local networks and groups around your condition
- Be inspired and inspire others

We also run **Pop In Cafes** which are a good way to learn more about the course.

**Pop In Cafes offer a safe space to talk and are great for anyone who may be**

- **having problems managing their health and wellbeing**
- **newly diagnosed with physical or mental health issues**
- **pandemic related anxieties wanting to share and learn from similar experiences**
- **facing isolation and loneliness**

If you would like to book on one of our Self-Management courses or join us at our virtual Pop in Cafe, please email [HealthMakers@berkshire.nhs.uk](mailto:HealthMakers@berkshire.nhs.uk) if you would like to book on to any of the above.

**If you'd like to get in touch please contact : [Baccg.healthmakers.waterfield@nhs.net](mailto:Baccg.healthmakers.waterfield@nhs.net)**