

# The Waterfield Practice Patients Group

January 2021

Happy New Year and welcome to your January Waterfield Practice Patients Group Newsletter. Below is an important update from Waterfield Practice Manager, Gary Hughes, with the latest information regarding Flu and Covid-19 vaccinations and an introduction to two new members of staff at the practice. Our mental and physical wellbeing is always important but never more so than during these difficult times so we are pleased to include articles from Talking Therapies and Sport in Mind which are two helpful and accessible organisations available to us all. We hope you enjoy this edition and, as always we are very keen to cover any issues of interest with regard to the Waterfield Practice, so if you have any 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 the newsletter. Happy reading!

## Update from Gary Hughes Waterfield Practice Manager - Practice News

At the time of writing we, along with the rest of the country, are in national lockdown due to the very high number of Covid-19 infections. However, there is some good news on the horizon with the roll-out of the two new vaccinations and you can read more information about this below.

### Flu Vaccinations

Our routine flu vaccinations are now finished, but due to the pandemic, this year we are offering a flu vaccine to anyone between the ages of 50 and 64. If you would like to take advantage of this, please contact the practice by phone on 01344 454626 for Ralph's Ride or 01344 869771 for County Lane to arrange an appointment.

### Covid Vaccinations

Patient vaccinations are now well underway and some of you may have already been contacted. However, it is important to stress that the Waterfield Practice will **not** be calling you to arrange your vaccination appointment. This will be done centrally by the NHS and may be by phone, text or email. Vaccinations will be offered in strict order of priority, as shown in the diagram at the end of this newsletter.

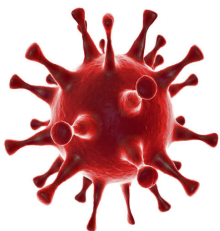
If you have not yet been contacted, please be assured that you will be in due course. We also ask that you please **do not** contact the Waterfield Practice as we cannot offer any appointments and this may tie up the phone lines and prevent patients with other concerns getting through to us.

Vaccinations are being carried out at the Waitrose Sports and Leisure Centre . Willoughby Road RG12 8FP but please **do not** contact Waitrose as they are not involved in the vaccination arrangements.

### Last but not least - New Paramedic and Urgent Request Duty Team

We are pleased to let you know that we welcomed two new staff members to the practice just before Christmas. Lisa, our paramedic has already become an integral part of the team, as has Chinmay, our practice pharmacist.

Lisa and Chin, along with Nurse Helen and the GPs, will form the Duty Team who will deal with urgent on the day requests. Patients who contact the practice for an urgent matter will be helped by the most appropriate member of the team and this may not be a GP.





## Talking Therapies - 3 top tips to manage well-being

It's so important we look after our mental health and well-being, this can however become really difficult when faced with uncertainty and stressful times.

### Top Tip 1 – Share how you are feeling

If we hold on to our emotions and thoughts they can build up and up until we can't keep them in any longer. If you feel comfortable, share with someone you trust. You could also call the [Samaritans](#) on 116 123 if you'd prefer or perhaps write down how you're feeling.

### Top Tip 2: Create balance

It's important we have balance in our lives ensuring we have time for ourselves to do things we enjoy. It can be helpful to schedule in time to call friends and loved ones, for reading, for pampering – anything that nourishes you and gives you joy. These moments will help you get through stressful times.

### Top Tip 3: Stay Active

Exercise is a great way to relieve stress as it releases endorphins which help us feel better. [Take a look at the NHS website](#) - here you will find exercise videos for all fitness levels.

If you're struggling with feeling low, anxious or stressed Talking Therapies are here to support you. Talking Therapies is a free NHS service here to support those aged 17+ and registered to a GP in Berkshire. To start receiving support you can call our friendly and approachable admin team on 0300 365 2000 or alternatively can [Sign Up](#) via our website referral form. To find out more about what services we can offer please [visit our website](#)

## Sport In Mind

Our mental health is something we all need to take care of and particularly during these difficult times. Sport and exercise can have an amazing impact on our mental health and whether you are a newcomer to exercise or have played sport in the past but are a bit out of practice, having some encouragement from others can be all we need to kick-start us into action.



Sport in Mind and Red January are two charitable groups who are working to inspire us and show us that we don't need to be Olympic standard to reap the benefits of sport and exercise!

**Sport in Mind** are the UK's leading mental health sports charity and deliver physical activity (sport, walking, dance and movement, gardening and exercise sessions) projects in partnership with the amazing **NHS** in order to aid recovery, promote mental wellbeing, improve physical health, combat social isolation and empower people to move their lives forward in a positive direction.

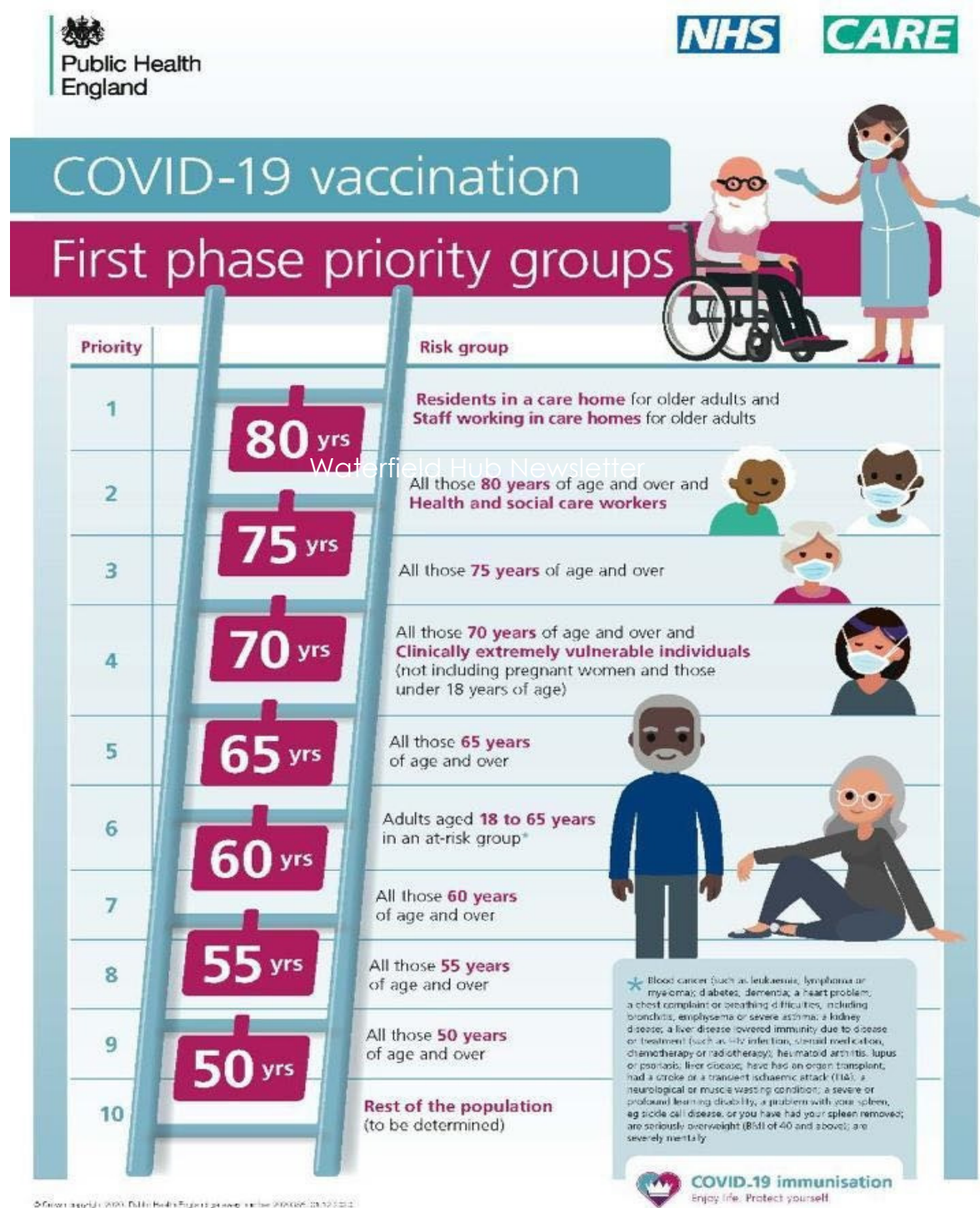
We are passionate about using sport and physical activity for good, but we're not just here for sporty, super fit people - our service is here for EVERYONE! If you've not taken part in sport or exercised for a while we know it can be quite daunting to join a sports group (We feel the same!), but the truth is getting involved with **Sport in Mind** isn't about how good you are at sport or how fit you are, it's simply about HAVING FUN and giving people a bit of a break from everything else that's going on in their lives.

Even though Covid-19 has limited some of our activities, **Sport in Mind** recommends that everyone tries to find the time to be active and get involved in some form of physical activity. Physical activity is one of the best ways to improve your mental health as it has benefits on sleep, routine, concentration and mood. It doesn't need to be anything too strenuous and many exercises can be adapted to be done sitting down and around pre-existing conditions - you could try yoga, tai chi, gardening, walking - anything you can think of that involves getting up and about!

If you would like further information, please go to our website: [Sport in Mind](#)

**Sport in Mind** are delighted to announce that they have teamed up with **RED January** as their official charity partner in 2021

**RED January** is a nationwide initiative that encourages people, of all abilities, to get active every day during January to beat the blues away. More than 50% of all **RED January** participants in 2020 experienced reduced levels of stress and depressive symptoms as a result of their increased physical activity. January is a characteristically tough month and **RED January** provides a brilliant opportunity to get out, get active and build good habits for the rest of the year! You can find more information on the Sport in Mind website.



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