

The Waterfield Practice Patients Group

June 2021

Welcome to your June Waterfield Practice Patients Group Newsletter. We hope you have all had the opportunity to enjoy some of the lovely June weather although as we are writing this the rain seems to have arrived! In this issue of our newsletter you will find details of recent changes at the practice following Gary Hughes departure plus we are sorry to say that our patients group chairperson, Gerry Rodgers has moved house and therefore moved on to a different GP Practice although we are pleased to say he has promised to keep in touch. However, we are delighted to announce that Roy Sutherland has agreed to take over the role of Chair and you can find more information about Roy in the article below. Incidentally, if you would like to consider joining our patient group we would love to hear from you so please contact us at the email address below or by phoning the practice where you can leave your details for one of us to call you back. We hope you enjoy this issue and, as always, 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 news letter.

Update from Julie - Waterfield Practice News

Staff Changes

By now, I'm sure most of you know that Gary Hughes, Waterfield Practice Manager for nearly 13 years, has moved on to new and exciting pastures. After a sad and somewhat emotional farewell, everyone wished him success in his new venture and he will, I'm sure, be very much missed by staff and patients. Since Gary's departure, I have been delighted to take over as Acting Practice Manager while we have been waiting for our new Locum Practice Manager, Steve Brown and I am pleased to say that Steve joined the practice from 1st June.. I would like to wish Steve a very warm welcome and look forward to working alongside him.

Blood Tests

If your GP requires you to have a blood test, these can now be booked through the following websites or alternatively by calling the Brants Bridge number below:

Brants Bridge - <https://www.royalberkshire.nhs.uk/wards-and-services/blood-tests.htm>

Heatherwood Hospital - <https://www.fhft.nhs.uk/services/blood-tests/> OR call Brants bridge on 01276 604117


Waterfield Hub Patient Group - New Chairman, Roy Sutherland



I am honoured to be the new Chairman of the Waterfield Practice Patients Group. I am one of the original members of the Patient Group formed after the Healthmakers Self Management course in October 2019 .

I have been retired 6 years and a patient of The Waterfield Practice for 6 years after moving from Bedfordshire . I used to be Chairman of a voluntary committee organising a worldwide publishing meeting in London every December. I relinquished this role in December 2019 . It was opportune receiving a letter from Gary Hughes asking for volunteers to attend a Healthmakers Self Management Course taster session

This course enables people with long term medical conditions to understand how they can continue to experience an active and enjoyable life . I found the course very interesting and have since become a HealthMaker Volunteer which involves liaising with other Volunteers in the Bracknell area. The NHS is for everyone and requires additional volunteer resources to enable all patients to receive the best service and care . As a patient Group we meet with the Management of the Waterfield Practice on a monthly basis and offer our suggestions and opinions on the practice operation . You will have seen the Patient Group volunteering as Stewards at the Flu vaccinations last September at Kings Academy.



Being a member of The Patient Group is very interesting and sees the potential to improve the Waterfield Practice experience for people . It was my wish to get involved as well as being able to put something back into the community after so many years of working . As Volunteers we have gelled into a great unit with positive ideas which we feel will be to the benefit of both the practice and the community . I am of the opinion helping people to cope with their long term medical conditions and being able to talk to people other than medical practitioners will be a benefit to all concerned

HealthMakers Waterfield Hub - Virtual Pop in Cafe



Prior to the COVID-19 lockdown Bracknell Healthmakers Group held a regular face to face POP In Cafe at The Open Learning Centre. Since lockdown, The Waterfield Patient Group via HealthMakers has developed a Virtual POP IN Cafe which is held on a monthly basis on line via a NHS platform called One-Consultation. We want to make these virtual meetings as close as possible to a face to face group meeting.

The new virtual pop in is held on the last Wednesday of each month and we would love to see more patients joining us .The session normally lasts an hour, people can POP IN for a short period and then leave, it all depends on their personal preferences. This gives you a chance to meet, make new friendships and share your own experiences. These sessions enable people to receive peer support from the community.

So if you are a Waterfield patient and would be interested in participating, you can indicate this by emailing: Baccg.healthmakers.waterfield@nhs.net to express your interest and to give the practice permission to share your email address with the Patient Group allowing you to receive an invite to the meetings. The meetings are free and all we ask is that you provide your own tea/coffee! Hope to chat to you soon.

HealthMakers Waterfield Hub - Wellbeing Workshops

Another initiative developed by the HealthMakers team is a series of wellbeing workshops and during the last 2 months some of our volunteers have attended 2 Wellbeing Workshops via the One Consultation network, each one lasted 30 minutes with a Question & Answer [Q&A] session in the last 10 minutes. The topics covered were :

- Motivation and Goal setting

This course included tips for goal setting, plus tips for boosting motivation and overcoming barriers which may occur.

- Resilience

Covering the 5 star points of Purpose, Self, Body, Mind and Connections and how people can increase their wellbeing by strengthening these 5 points .

If you would like to receive further information about any future courses please get in touch at:
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