



The Waterfield Practice Patients Group

November 2021

Welcome to your November Waterfield Practice Patients Group Newsletter. Well, we can't believe that Christmas will soon be upon us, how did that happen? We have lots of information in this issue which we hope you will find interesting and informative. Now, in the winter months it is even more important to take care of our health and well being so it's reassuring to know there is lots of help available. 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. Wishing you all a Merry, Happy and Healthy Christmas and New Year!

Waterfield Practice News

Staff Changes

After 21 years Dr Karin Nielsen retired from the practice on 10th November 2021, we are sorry to see her depart. Her leadership and work resulted in The Waterfield Practice being a successful teaching practice for doctors who want to become General Practitioners. Dr Nielsen has seen a number of changes in the Practice and NHS throughout her years at Waterfield. We wish her well in her retirement which will enable her to enjoy her various pursuits outside medicine.

On the 2nd November the practice welcomed Dr Rupam Mangat as Dr Nielson's replacement. To some of the readers he may seem familiar as he has worked at the Waterfield Practice as a locum in the past. He has recently worked as a GP in a Camberley practice.

GP Appointments

We are all aware of the media coverage regarding GP appointments and we want to assure you that the practice is open for business. To assist people in understanding the situation, here is a link to a video which we hope you will find helpful: <https://www.youtube.com/watch?v=G0MIGTeOmUU>

Waterfield Hub Patient Patient Group (PPG)

Practice Patient Group

We are looking for more people to join the Patient Group. Registered patients are welcome to attend the Monthly Meeting which is currently held on line via Microsoft Teams.

If you are interested in hearing more about the activities of the group and feel you may wish to join us please email : Baccg.healthmakers.waterfield@nhs.net

Bracknell Forest Council Booklet

You should have received through your letterbox a booklet from Bracknell Forest Council detailing 'Winter health and wellbeing advise 2021/2022' The booklet gives advice on:

- Where to go when feeling unwell.
- Flu and COVID-19 booster vaccinations
- Self isolation Clinically extremely vulnerable
- Staying warm and well
- Mental Health and loneliness
- Samaritans , Social Prescribers
- Domestic Abuse : how to get help



If you have not received a copy please call 01344 351187 or email: comms@bracknell-forest.gov.uk

Sport in Mind - Improving lives through physical activity


Sport in Mind are excited to share details of our Bracknell sessions that are currently up & running!

We are a local charity that hopes to help improve the lives of people struggling with their mental health through sport & physical activity.

All of our sessions are open to anyone over 17 experiencing mental health issues and our coaches & volunteers look forward to welcoming existing & new participants to any of our sessions!

For further details about Sport in Mind and our activities please go to our website

<https://www.sportinmind.org/>



Sport In Mind

November 2021

Instagram Facebook Twitter @sportinmind

Bracknell Sessions

Day	Time	Activity	Instructor	Venue
Mon	11-12PM	Yoga	Ros	Open Learning Centre, Rectory Ln, Bracknell RG12 7GR (in Daffodil room)
Thurs	12-1PM	Yoga	Emma	Lounge Room, Owlsmoor Community Centre, Yeovil Road, Sandhurst, GU47 0TF
Thurs	2-3PM	Walk	Peter	Meet outside arts centre, South Hill Park, Bracknell, RG12 7PA
Thurs	3-4PM	Football	Charlie	Football Courts, Bracknell Leisure Centre, Bagshot Road, RG12 9SE
Fri	12-1PM	Tai Chi	Steve	Morgan Centre, Crowthorne Parish Council Office, Wellington Rd, Crowthorne, Berkshire RG45 7LD

Bracknell

Your area contact is: Kirsty 07788 993516

We are a charity with a simple mission - to improve the lives of people experiencing mental health problems through sport and physical activity

For more info get in touch


✉ info@sportinmind.org

🌐 www.sportinmind.org

☎ 01189479762




Attendee Sign-Up



LOTTERY FUNDED

Working in partnership with



Working with



Signal4Carers - Do you look after a family member or friend with health or social care needs?



SIGNAL4Carers is an information, advice and support service for unpaid carers (family, friends etc.) who are looking after an adult with health and/or social care needs who lives in Bracknell Forest.

When you are a carer, trying to find all the information you need and help that is available to you can often be an added pressure.

SIGNAL staff are there to answer all your questions and provide you with information and, if it is not something we can help you with, we will find the right person or service.

Whilst we are independent, we have close links with other agencies and can make direct referrals such as for a carers assessment to the local authority or a safe and well check undertaken by the local fire brigade. Our staff can also help you with benefit applications and advice about emergency planning.

SIGNAL also provide drop-in sessions where carers can come for advice but also to meet other carers. We also provide social events, when covid allows! Tea dances, a day at the races, Burns Night supper and a festive party are some of the events we have held in the past.

We offer check-in telephone calls, a quarterly newsletter and email bulletins. The service is free as it is funded by Bracknell Forest Council.

You can sign up with the service on our website or can contact us by telephone.

www.signal4carers.org.uk

info@signal4carers.org.uk

01344 266088



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 (mainly goal-setting) 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

The next scheduled courses are:

Date: Thursdays 2nd 9th & 16th December 2021

Time: 1.30 – 3.00pm

Date: Thursdays 13th 20th & 27th January 2022

Time: 1.30 – 3.00pm

Date: Thursdays 10th 17th & 24th February 2022

Time: 1.30 – 3.00pm

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 great for anyone:

- **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**

Please email 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