

# YOUR HEALTH

health is everyone's business

## March 2015 ISSUE 3

Welcome to the third East Riding Practice Health Champion Newsletter. In this edition there are important dates for key project events. Alongside this are updates on all practices and how the champions are progressing with their initiatives, in their attempt to improve health within their local communities.

### Communities of Practice Phase 3!

We held the third Communities of Practice (CoP) meeting in Beverley at the Conference Centre in February. Providing a forum to enable both the champion's and practices to tackle questions head on and to work better together.

Chaired by Martin Fischer from The Kings Fund, Champions and Practice staff discussed areas of interest and ways of progressing working relationships in the future. This also included the champions being trained in the British Heart Foundations emergency first aid training.



### BRIDLINGTON PRACTICE 2

#### New Practice making strides to improve health locally.

In Bridlington, Practice 2, the most recent practice to implement the Champion project, have certainly hit the ground running.

Creating a series of signposting events and forming two new and exciting activity based groups. The practice has encouraged all current champions to link up with patients offering help and support.

#### Tai Chi on referral & Active in Age shines

Held weekly and fortnightly at two separate venues in Bridlington Heather and Judith (pictured) have created and taken lead on the two newest groups of the champion project.

Tai Chi, is the first of its kind in the project, it is a referral based group from Practice2, aiming to link the group and practice staff closer together.

Exercise for All has been designed by Judith, who as a participant in the Health Trainer 'Active in Age' sessions sparked her commitment to the exercise class and inspired her to becoming a qualified instructor. We offer our warmest congratulations to Judith.



#### New skills and new friends

Practice 2 champions have started to integrate the Pick-A-Stitch group within the champions coffee morning held every other Wednesday at Victoria Road resource centre, Bridlington.

Providing the chance to learn a new skill, such as cross stitch, repairing clothes or stitch.

The coffee morning also provides the chance to meet others from the community and relax over a cup of tea and cake.



### BRIDLINGTON WOLDS VIEW

#### Adding variety to your life

Wolds View Champions are continuing to make great steps in helping the community of Bridlington become less isolated and feel connected to others.

Holding sessions every Friday 2:00-4:00 at the Windsor Hotel in Bridlington the group offers the chance to meet others and share stories.

Champions will be present to help overcome any hurdles or issues you may have with signposting to local services and groups in addition to offering an ear to talk it over.

#### A Healthy heart is a healthy body

The Wolds view practice will be attending the healthy community event at Bridlington Spa at the end of February.

Attempting to increase the communities awareness of services they can offer, champions will be present offering support to both the staff and community during the event.

In addition to this the Champions will be in the practice at the end of the month promoting the Health Heart campaign, increasing healthy living through diet, exercise and healthy choices.

#### Health Watch for Wolds View and Bridlington

Wolds View champions were actively promoting their group and services to members of the public and professionals in Bridlington whilst attending the Regional Health Watch event at Bridlington Spa. Providing the perfect opportunity to seek new participants and link in with local services.



### HOLME-BUBWITH

#### Making the charity links

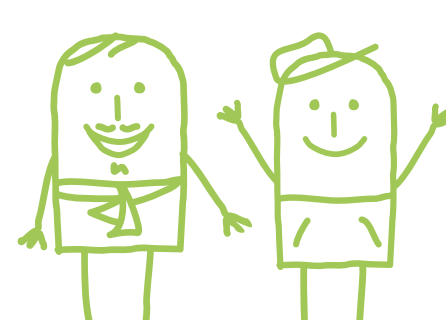
Since our last update Holme-Bubwith Champions have made contact with several cancer support charities, including, Coppafeel, Breast Cancer Awareness and most recently Penny Brohn Cancer Care. This has increased their own knowledge base and formed vital links.

They also attended a community support day in Leeds, providing them with an opportunity to meet support workers and other volunteers, link in with other groups and have a greater insight into how groups change and evolve over time.

#### Men's health club coming to HOSM!!!

Leading the way in local health improvement our male champions from the Holme-Bubwith practice are looking for men in the area to join them at their new men's only club!

On the first Tuesday of the month starting in March, Jack & Jim will be at the Coffee Shop in the Courtyard, Holme Upon Spalding Moor, from 10:00- 12:00. Providing the chance to discuss local news, health, day to day life and current affairs the sessions will offer a great platform for discussions with your community peers.



### BROUGH AND SOUTH CAVE

#### Cake, cuppa & company takes off

Brough & South Cave Practice champions have started their monthly Cake, Cuppa & Company sessions. Held on the 3rd Thursday of the month, at Brough Methodist Church from 1:30-3:00.

The group aims to capture the patient's interest following the success of the national television show 'The Great British Bake-off'.

Having monthly baking themes, the group provides the perfect opportunity to meet new friends and relax over a drink.

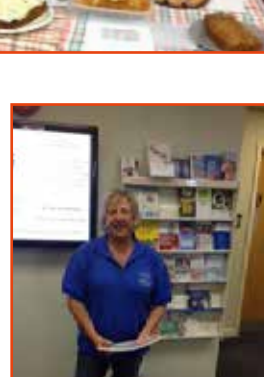


#### Flu vaccination clinics

Champions came to the aid of the practice during their Flu Vaccination clinics in October and November. Providing support to the staff during all 5 flu clinics at Brough & South Cave, champions were present offering assistance and signposting members of the public to all the Champion groups.

Seeing over 3000 patients the most the project has seen. Most recently the champions have worked in the practices offering patients the opportunity to complete the friends and family test.

Using electronic tablets they asked the patients a small number of questions on service recommendation.



#### The friends and family test

Champions have been and continue to be active in the two sites helping conduct the 'Friends and Family test' on the tablets provided by the project with patients.

This provides the perfect opportunity to discuss local health and promote the current groups and activities that are going on locally.

#### The Little Weighton connection

The project is looking for members of the Little Weighton community to become active in helping their village become healthier by getting involved in the Practice Health Champion project.

Utilising the village hall and its facilities groups, events and sessions focused around health improvement can be held, aiming to improve health and wellbeing.

## CHAMPION RECRUITMENT

Would you or anyone you know, be interested in becoming a champion?

Would you like to learn new skills or help their local community become healthier?

If the answer is yes please contact us or pass on our details and inform them to get in touch on **0800 917752**

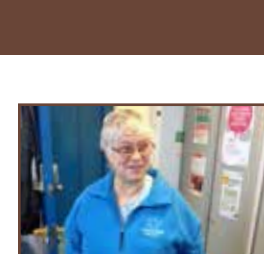
or email [patienthealthchampions@humber.nhs.uk](mailto:patienthealthchampions@humber.nhs.uk)

### ST NICHOLAS WITHERNSEA

#### National No Smoking Day is a hit!

Champions were in St Nicholas practice in March for the National No Smoking Day.

Assisting local stop smoking and health improvement services, the champions talked to waiting patients in informing them of the available resources. So look out in the future for Champions in the practice and come over and say hello!



#### Signposting to a healthier future

St. Nicholas Practice has specific initiatives they would like to promote and engage with the patients.

Through collaborative work with the practice champions, specific signposting and promotion days in the surgery, are being implemented. Enabling champions to inform patients and increase positive relationships with the practice.

## DATES FOR YOUR DIARY

#### Brough and South Cave

Cake, Cuppa and company - 3rd Thursday of month 1:30 Brough Methodist church

Wellbeing Walk and Talk - 3rd Thursday of month 12:00 Brough Surgery

#### Wolds View & Practice 2 Bridlington

Variety club - Friday 2:00-3:00 Windsor Pub

Tai Chi on Referral - Thursday 2:00-3:00 at the Function Junction, St Johns Avenue.

Active in Age - 1st & 3rd Tuesday of month 2.30- 3.30 at Bridlington North Library

Champions Coffee Morning - Fortnightly 10.00 - 12.00 at Bridlington Resource Centre

#### Holme-Bubwith

Men's Only Group - Every Tuesday 10:00-12:00 at The Coffee Shop, Holme Upon Spalding Moor