

PPG Newsletter September 2019

PPG Update

Since introducing myself in our first newsletter in January 2018 your PPG has been busy working on the surgeries and your behalf.

Our monthly get together "Chit Chat" has seen many of you come along to enjoy a drink, biscuit and friendly chat. You will find leaflets in both surgeries with details of the monthly get togethers. If you know of anyone who would enjoy coming along, please do give them a leaflet.

We will also be putting on a Christmas special Chit Chat. See leaflet on right; these are available in the practices too.

You can make contact with members of the PPG in the St Stephens Gate practice waiting area from 10-30 - 12-30 on the last Thursday of each month, at which time we will be around and assisting the practice with various tasks. We are hoping, subject to availability of volunteers, to extend this to include the Newmarket Road Surgery.

Do also have a look at our table situated at the rear of the ground floor where we have a selection of knitwear to purchase including baby blankets, cardigans, adult hats and much more.

If anyone would like to join us on the PPG mention this to a member of staff and please complete the Expression of Interest Form on the Practice website.

Thank you!

Noreen.



Practice Updates

Practice Manager of the Year Award

James Foster, our Practice Manager, has been shortlisted



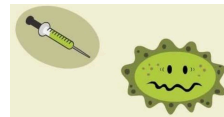
for the Practice Manager of the year award and has been invited to the award ceremony on Friday 29th November at the Park Plaza Westminster Bridge Hotel in London.

This is such fantastic news and we really hope he wins as he thoroughly deserves it.

Fingers crossed

Flu Jabs

It's that time of year again where you need to think about protecting yourself against the Flu virus. We have four Saturday clinics available this year, plus appointments in the week at different times. You can book appointments using our on-line services, by ringing the surgery on 01603 228686 (option 1), or coming into the practice.



The clinics are being held at St Stephens Gate, 55 Wessex Street, 8am until 1pm, on Saturdays:

- 5th October – This one is for over 65's only
- 19th October
- 26th October
- 2nd November

Vaccines for the over 65's will be available in the practice from week commencing 2nd September so please call us NOW to book yours.

So if you are over 65, Pregnant or in a clinical at risk group call us TODAY to book your appointment. If you are in your 70's you may also be eligible for a shingles vaccine, please ask about this when making your booking.

We look forward to seeing you all!

Community Resources

Keeping active and healthy is important to most of us, but where would you go for information or support to help your efforts if you felt you needed some? We want to tell you about three excellent websites. Even if you have never used a computer or website, or wouldn't know an app if you met one, there is help to make the information available to everyone, and so well worth knowing about these community resources for all.

Norfolk Your guide to care and support for adults 2019/20

This document offers over 100 pages of information aimed at helping you and anyone you may be helping find information, activities, and services to stay well, safe and independent for as long as possible. Care Choices produced the Guide for Norfolk County Council Adult Social Services in partnership with the NHS in Norfolk.



The Guide includes information across a wide range of needs, including recreation, staying well, looking for a carer, carers' needs (including children carers), making housing choices (including for young adults), transport, how solicitors can help, and much more. The Guide is meant to help you find the choices that are right for you. Alongside information about Home Support Agencies and Residential Care are checklists to help when making enquiries about such services. Other helping organisations are listed, some beyond what you might expect, such as Trusted Traders and Home Library Services, with contact information usually including telephone numbers.

The Guide is at <https://www.carechoices.co.uk/wp-content/uploads/2018/08/Norfolk-Care-and-Support-Guide-2019-20-Ebook-LR.pdf>,

The e-Guide is Recite Me compatible (turning text to speech for those requiring spoken information). Or contact Norfolk County Council for a printed copy: Tel: 0344 800 8020, Email: information@norfolk.gov.uk

Norfolk Community Directory

This is another website with more information about topics of interest, things to do, services, events, groups and organisations in your local community, **for all ages:** <https://www.norfolk.gov.uk/norfolk-directory>

LUMi in the City

Lumi is a Norwich community resource where you can find information, activities, places to go, spaces to use, things to borrow, and

more. It is hosted by Norwich City Council, and easy to use. You can use it to look things up, like children's activities, but what makes LUMi extra special is that it is designed to facilitate sharing too. Residents are sharing their skills, spaces, resources, and things. So if you are looking for something or someone with a skill in Norwich, you may find it on LUMi. Along the way anyone who is sponsoring an open activity can let everyone know what's going on.

LUMi A brighter way to share

Your PPG is signed up to LUMi, with a post about Chit Chat, our monthly coffee morning, held at the Old Hospital Chapel, first Wednesday of every month. We're encouraging other organisations of interest to us as a patient group to take part in LUMi too.

<https://www.lumi.org.uk>

Digital Help

Not familiar with websites? You can get help finding the information you want on any of these websites, and learn digital skills at the same time if you'd like. The City has spaces called Digital Hubs where you can get help to go online and get support for free. Digital Hubs are spread all over the city in various places, including some libraries and City Hall in the city centre. Each hub has its own way of providing help. Some venues offer drop-in sessions, and some are pre-booked. Any of the venues would happily provide more information to anyone popping in.

Here's how to find them:

https://www.norwich.gov.uk/directory/1064/digital_hubs

Or contact Laura Wigby, Digital Inclusion Project Co-ordinator on: 01603 212770 and she will help you locate your nearest hub or find out about home support options.

Or come along to Chit Chat, held first Wednesday of each month and a PPG member will help you.