**PPG Newsletter- December 2018**

**Self Care for Life**

 “Self Care for Life” is the strapline for the 2018 self care awareness week which took place on 12 -18 November 2018.

Self Care Week which is an annual national awareness week focuses on embedding support for self care across communities, families and generations.

People have a key role in protecting their own health, choosing appropriate treatments and managing long-term conditions and Self-care is important to maintain a healthy relationship with yourself.

It produces positive feelings, which improves confidence and self-esteem too.

Empowering individuals to self care has many benefits for their short term and long term health and this is important since people are living longer. Helping people to look after their own health, and their family’s health also helps to manage demand on health services.

Follow these small steps to a healthier you:

* Get active; advice is to exercise for at least twenty minutes a day, it’s ideal if you can incorporate this into your day by ditching the car and walking to work, or walking the dog, taking the stairs or even dancing around the kitchen table to your favourite songs!
* Eat well. We all know that healthy eating is crucial to our health so we can start by swapping unhealthy snacks for healthy options such as nuts, seeds and fruit. Ask your pharmacist for advice on managing your weight.
* Make positive changes! Take steps to stop those bad habits that don’t serve you well. Make a plan to stop smoking, reduce alcohol intake and get active! Your pharmacist can help with lifestyle changes such as weight management and stop smoking services.
* Rest. A good’s night’s sleep is as essential to our health and wellbeing as eating healthily and exercising so, make sure you get the recommended 7-8 hours a night!
* Stop! These days we lead have such busy lives that we sometimes forget to slow down and stop. Find time in your day to just quieten your mind. Mindfulness or yoga might be helpful.

It’s never too early or too late to begin to make small, simple changes that will enhance and protect your health now and in the future, and often, one small change will make a big difference to your wellbeing. For instance, choosing to become more active will not only improve your physical health, it will also boost your mood, particularly if you choose to exercise outdoors in the fresh air.

Choosing self care for life is also about safely managing long term conditions and, understanding how to self-treat those common disturbances to normal good health, such as coughs, colds, sore throats etc. and taking advice from the pharmacist if you’re unsure of symptoms.

For further reading about self care and the work of the Self Care forum follow the link <http://www.selfcareforum.org/events/self-care-week-resources/>

**Friends and Family Test Results**

The data below shows how likely our patients are to recommend our practice to friends and family. If you wish to fill out a Friends and Family Test Questionnaire a form can be obtained from reception.

September 2018 October 2018 November 2018

Extremely likely 37 36 40

Likely 7 12 7

Neither likely nor unlikely 2 0 2

Unlikely 2 1 1

Extremely Unlikely 1 2 0

Don’t know 0 0 0

**DNA Data**

The data below shows how many appointments were wasted due to patients not attending. If you’re unable to attend your appointment please let the surgery know so we can offer the appointment to someone else.

September 2018: 5hrs 50m (35 appointments)

October 2018: 5hrs 0m (30 appointments)

November 2018: 8hrs 0m (48 appointments)

**Orchard Practice Red Suite PPG**

**December 2018**