

NEWSLETTER

HEALTHIER SOUTH WIRRAL

SENSORY GARDEN

Queens Nurse Helen Hurst, based at the Orchard Surgery, has been hard at work creating a sensory garden for Veterans.

Helen has said:

"I was awarded the Elsie Wagg (Innovation) scholarship back in February from the Queens Nursing Institute and the National Garden scheme. "

The National Garden Scheme gives visitors unique access to over 3,500 exceptional private gardens in England, Wales, Northern Ireland and the Channel Islands, and raises impressive amounts of money for nursing and health charities.

We put an application in to create a Sensory Garden space at Eastham Group Practice for our Military Veterans and Learning disability patients.

5 WAYS OF WELLBEING



"The garden looks at the 5 ways of Wellbeing and will involve different Community groups. The 5 ways of wellbeing are these are connect, be active, take notice, keep learning and give.

Willaston Farm CIC has built the main structure of the pagodas and the walkway. The Pagodas and the walkway have been built by Willaston Farm. The benches and planters come from Everton Free School.

LOCAL CHARITIES

Many of our staff have been involved in the project, plus the military veteran charity Walking with the Wounded and community interest company One Wirral. Bridging The Gap charity and Autism Together, have also worked alongside us to create the garden. The planters and benches were made by Everton Free School pupils.



GROWING VEGETABLES

Future maintenance of the garden has been considered and planned for. If people want to grow vegetables, we can include this in our plans. The Defence Gardens Scheme (DGS) works in partnership with veterans' charities, military units, community mental health service providers and gardening projects to develop, deliver and evaluate nature-based therapy. We hope to become a spoke hub (a place for hubs to use) and in the future, be awarded further funding to create more opportunities for our Military Veterans.



Patients can either be referred directly to Nurse Helen Hurst or Ben Keegan, the Health Coach. Local organisation One Wirral's Community Engagement Office, Lisa Barnes, has also been involved.

Upcoming Plans

In March 2023, a 6–8-week horticultural therapy course for the Military Veterans, which will maintain the garden, will involve Willaston Farm CIC in growing food, mindfulness and will showcase how gardening can improve your health and wellbeing.



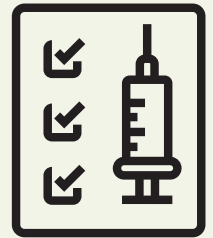
WINTER VACCINATIONS

Protect yourself from winter viruses. If you have certain health conditions, you could be eligible for a free flu vaccine and a COVID-19 booster.

Flu and COVID-19 can spread more easily in winter when mixing indoors. So if you're 50 years or over, you should have the flu and COVID-19 vaccines.

The flu and COVID-19 vaccines are the best way to protect you and your baby against these dangerous viruses. Book your appointments now with your GP surgery or pharmacist or ask your maternity services.

Find out if you are eligible at nhs.uk/wintervaccinations and book now.



JOIN OUR PPG!

What is a Patient Participation Group?

A PPG is representative group of patients who, from time to time, attend meetings to share feedback on services, staff experiences and ideas on how we can improve our services. This helps us understand how patients perceive our surgery.

To help us with this, we are setting up a HSW patient representation group so that patients can have their say. We may ask members of this group things like; what they think about our opening times, or the quality of the care or service they have received.

We are looking to gather a broad spectrum of patients if possible. Such as: young people, workers, retirees, people with long term conditions and people from non-British ethnic groups.

Would you like to participate in the group? Are you a patient who is articulate and enthusiastic, can represent the views of others? Please email cmicb-wi.healthiersouthwirral@nhs.net with your name, your GP Surgery, date of birth and contact number and a member of our team will be in touch.

SPOTLIGHT ON...**GEORGIA LILLEY****What is a Health Coach?**

A Health Coach is a non-clinical healthcare professional that is based in your GP Practice. Health Coaches have conversations with you about ways we can improve your health and wellbeing through lifestyle changes, behaviour changes and increasing your physical activity levels.

A Health Coach can provide support for:

- Tailored personalised plans that meet your individual needs, preferences and lifestyle
- Nutrition and diet guidance
- Exercise plans tailored to you, your lifestyle and your medical conditions
- Improving your mental wellbeing and confidence

Cardiovascular Disease Project

Our Health Coach Georgia, has been working on the Cardiovascular Disease Project (CVD) within Healthier South Wirral.

Healthier South Wirral have been working closely with the Innovation Agency to increase identification of known hypertensives, and better manage those that are diagnosed to target. The project so far has changed the diagnosis and review pathways that practice utilise. This has resulted in more patients diagnosed and managed.

Georgia says:

"Over the next 3 months, we will continue to work on the pathways and improving early diagnosis of hypertension. We are also looking to add lipids into the pathway, and we will be holding group based sessions for patients to attend."





LOOKING AFTER YOU



Compañeros Crisis Café

Located in the heart of Birkenhead, Compañeros is fully embedded as a community crisis-alternative within Wirral. Support is available to anyone aged 18 and over experiencing or anticipating a self-defined mental health crisis. Compañeros accept referrals from health and care services, and people can also walk-in/self-refer.

Website:

<https://www.spiderproject.org.uk/companeros>

Samaritans

If you are suffering or struggling to cope, please do not suffer in silence. Call 116 123 to speak to a Samaritan or visit the website.

Citizens Advice

Citizens Advice has provided free accessible information to help you and your family as the cost of living rises. Visit their website online each month to read their helpful articles:

<https://citizensadvicewirral.org.uk/cost-of-living/>

Family Toolbox

Tips and tools for family life in Wirral:

<https://familytoolbox.co.uk/>

The Martin Gallier Project

The Martin Gallier Project is fiercely dedicated to preventing suicides, breaking down stigmas & supporting families in the North West. Visit their website:

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

Wirral Sandbox

Wirral Sandbox is an expanding risk assessment and service directory tool for anyone working with young people. It can be used to help inform risk assessment, help you to find the correct service to help you to support a young person. Learn more:

<https://wirralsandbox.com/>

ZILLO

ZILLO was created by Wirral Borough Council's Children's Services in partnership with students and staff from Wirral Metropolitan College. It is a website for young people to come to get the lowdown on the latest events, arts, culture, news and expert health and wellbeing advice.

<https://www.zillowirral.co.uk/>

First Aid

What to do if someone is injured:

<https://www.nhs.uk/conditions/first-aid/>

VISIT THE HEALTH AND WELLBEING HUB ON OUR WEBSITE:

[HTTPS://HEALTHIERSOUTHWIRRALPCN.CO.UK/HEALTH-AND-WELLBEING-HUB/](https://healthiersouthwirralpcn.co.uk/health-and-wellbeing-hub/)

RELIGIOUS HOLIDAYS COMING UP

HANNUKAH

18/12/22 to 26/12/22 – Hanukkah: The 8-day celebration of the “Festival of Lights” that honours the victory of Jews over Syrian Greeks.



CHRISTMAS

25/12/22 – Christmas: The holiday that celebrates the birth of Jesus Christ.

THE FEAST OF ST. STEPHEN



12/26 – The Feast of St. Stephen: Also called Boxing Day, this day commemorates the life of a saint known for his service to the poor who became the first Christian martyr.

LOCAL CHRISTMAS APPEALS

THE CHRISTMAS PRESENT APPEAL - SALVATION ARMY

This year, Salvation Army are expecting the number of families requesting help to rise as a result of the cost of living crisis.

You can support your local Christmas Present Appeal by finding your nearest appeal and donating new, unwrapped toys and gifts for children who might not otherwise receive a Christmas present. The gifts will then be wrapped and distributed to those in need.

Salvation Army are collecting donated presents until mid-December.

Find your nearest donation point: <https://www.salvationarmy.org.uk/christmas-present-appeal>

THE HIVE CHRISTMAS APPEAL

The Hive supports children of all ages, and this Christmas will reach families in need ensuring that all children receive at least one present to open on Christmas Day.

The Hive particularly struggles with gifts for teenagers, some suggestions for this age group are beauty products, vouchers and toiletries.

If you can donate this Christmas, drop your unwrapped gift off at The Hive reception.

WIRRAL FOODBANK

Wirral Foodbank relies on your goodwill and support this winter. Over 90% of the food distributed by foodbanks in The Trussell Trust network is donated by the public.

Donations can be delivered to Wirral Foodbank Warehouse (open Monday – Thursday 10am – 1.30pm) at the following address:

Unit 14 Wirral Business Centre, Dock Road, Birkenhead, CH41 1JW.



CONTACT US

Email: cmicb-wi.healthiersouthwirral@nhs.net

Facebook: <https://www.facebook.com/healthiersouthwirral/>

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Website: www.healthiersouthwirralpcn.co.uk/



And finally.. Merry
Christmas and a Happy
New Year!