Happy New Year 2021

Patient Participation Group Newsletter

**New Lockdown Guidance:**

Just like last year, the government has put England into a national lockdown. This is due to the rising cases and the new strains of coronavirus developing.

**Here are some of the rules:**

* People cannot leave their homes except for certain reasons, like the first lockdown such as food shopping, essential medical reasons and exercise
* All schools and colleges will be closed to most pupils
* Restaurants can continue to offer food delivery
* Outdoor sports venues must close
* Outdoor playgrounds will remain open
* Amateur team sports aren’t allowed
* You can meet your support bubble or child bubble where necessary
* You can go to work, provide voluntary or charitable services
* You cannot meet others who aren’t from your household or support bubble
* Remember to wear a face covering in any indoor setting
* Remember Hands. Face. Space

**Keeping Active**

It can be difficult to stay active and motivated during the day, especially with the new lockdown restrictions. However, it is important for your health that you remain active.

Here are a few tips:

* **Exercise at your desk**- whether you are working from home or in the office it can be difficult as you may remain seated most of the day. Whilst you are in your chair you can still do exercises, there are hundreds online, or you can buy a pedal machine to place under your desk. Also, on your break try going for a fifteen minute walk so you can enjoy the fresh air!
* **Hydrate Often**- Drink at least 6-8 glasses of water a day. You may forget to drink whilst working so you can use a water bottle or even set timers on your phone to know when you need to drink.
* **Make exercise fun**- Sometimes it can be boring doing the same exercises, so make it fun. Try doing zoom workouts with your friends, use a skipping rope, use a hula hoop, and create a new workout playlist to get you motivated. Pick an activity that you like, remember everybody is different so if something doesn’t work for you don’t worry.
* **Involve the family**- Arrange outings for the whole family to take part in. it can be just walking the dog, going for a hike, cycling together, or any other activity you enjoy together.

**Patient Participation Group**

If you are interested in joining our patient participation group please contact abbie.brierley@nhs.net, due to the current circumstances this will be run remotely by Zoom.

**Covid 19 Vaccinations**

Doncaster have started delivering the Covid Vaccinations and have already vaccinated 5,000 local residents. The current patient cohort are over 80’s and frontline staff. Please **do not contact** the practice regarding your vaccination, our practice team will contact you to invite you once we reach your patient cohort.