Autumn 2022

Patient Participation Group Newsletter

**Covid/Flu Vaccinations**

Don’t forget to get your Autumn Covid Booster (if eligible) and your Flu Vaccination, call the practice for more information or to book.

**Access to Patient Records**

From November the 1st you will be able to access your patient records online via your NHS online services.

This access is not retrospective so is for clinical interactions from November the 1st 2022. If you check your records, it will not show before this date, however if you check in 6 months’ time you will see any information added since then. You are of course still legally entitled to ask for copies of your records to date. If you still require access to previous records, please contact the practice to collect a SARS form, there is no charge for this (unless you have had previous records), please be aware this can take up to 28 days.

**Mindfulness**

One of our PPG members kindly shared with us an article on Mindfulness. Scroll down to see this attached below. We would like to thank our PPG member for taking the time to complete this article and for sharing with the rest of our patients.

The article includes information on what Mindfulness is and an exercise to complete.

**Patient Participation Group**

We started the return of our face-to-face Patient Participation Group in June 2022, followed up by a further 3 meetings. We now have 27 group members and have had on average a minimum of 8 patients attend each meeting. We have agreed to meet Bi-Monthly and would love to welcome new members to our group. Our next meeting will be the 28th of Nov at 6pm.

**Contact Abbie to book onto our**

**PATIENT PARTICIPATION GROUP MEETING**

 abbie.brierley@nhs.net or call the practice after 3pm

Mindfulness

**What is Mindfulness? It is about not dwelling on the past or worrying about the future, it is simply being in the present.**

Mindfulness is noticing what is happening in your body physically and involves being aware of what emotions are arising and the feelings that come from within yourself. In Mindfulness we use our senses, sight, sound, taste, touch and smell to explore our experience. There is no right or wrong experience, whatever your experience is, this is your experience in this moment.

In these uncertain times we may have more worries than usual, so below is a little “Mindfulness exercise” for you to explore in your own time if you so wish. If you get a bit lost in trying the exercise, please do not worry, just bring your attention back to the physical sensations of breathing trying to slow your breathing down, which helps with relaxation.

Drinking Tea/Coffee.

Often when we take time out to sit down and have a cup of tea or coffee it is not the peaceful interlude, we had thought it would be, but rather an opportunity to think about our “To Do” list or replay in our mind an annoying situation that has occurred earlier in the day.

Sit down where you feel comfortable and most relaxed. Try to settle, slowing your breathing down. Sitting down with your drink, explore your drink with your senses (sight, taste, touch, smell etc). Try and concentrate your mind on feeling the heat from the cup against your hands, smell the scent from your drink, become aware of the movement of slowly bringing the cup to your lips, experience the taste whether there is an aah of pleasure or a shudder of distaste. Whenever your mind gets pulled away by thoughts (which it will) bring your mind back to the sensations of drinking your tea or coffee and the sensations you feel. How does drinking your tea or coffee make you feel?

Enjoy your new experiences of Mindfulness.