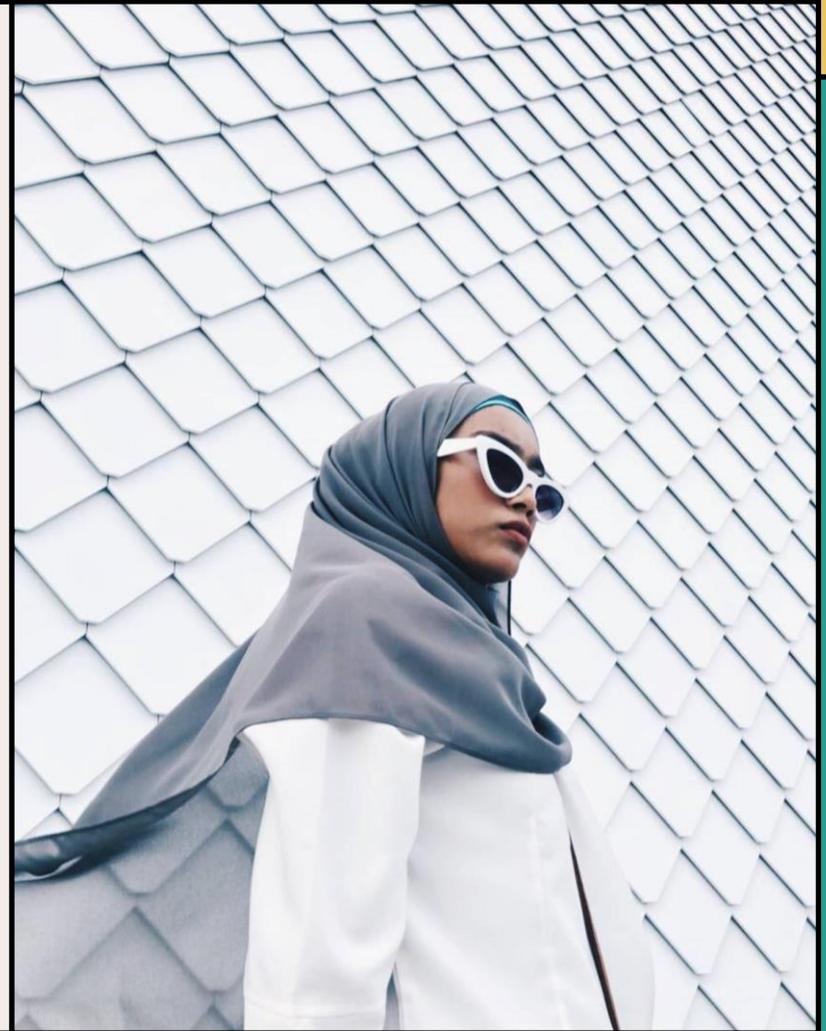


**Hawthorns Medical Centre's
PPG**

Invite you to

**Wellbeing Coffee Afternoon
1st December 2022 at 2pm**

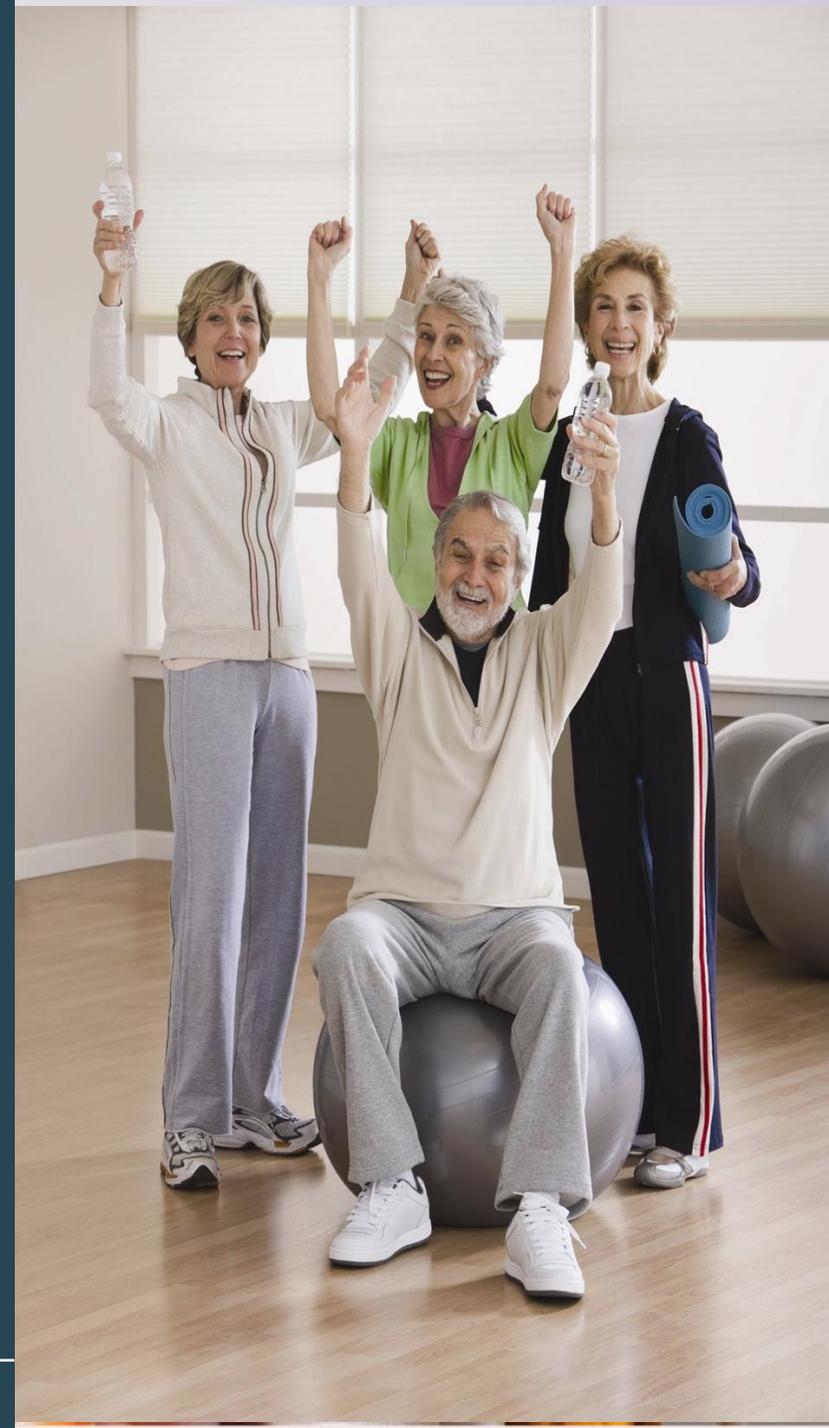
Harjit Gill



Introduction

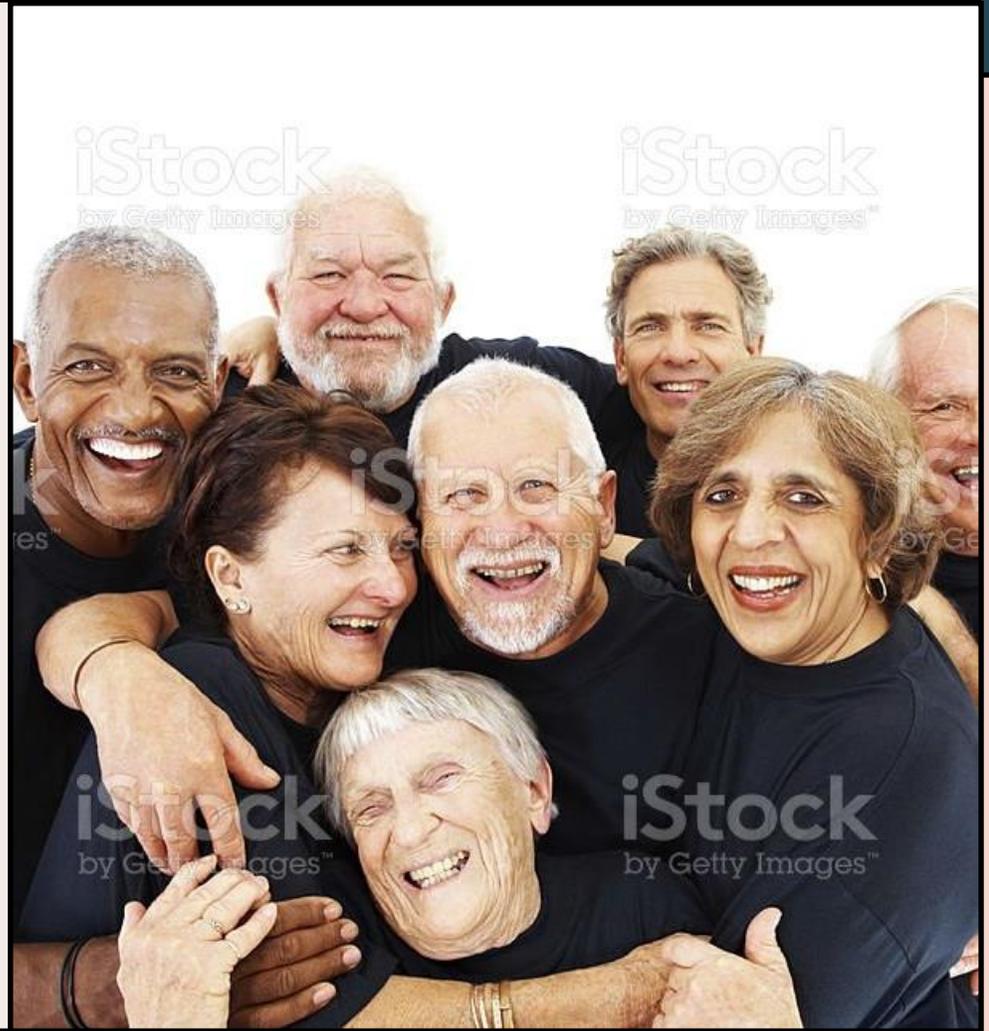
The overall aim was to help older people to develop ethical practice to enhance wellbeing. What this really means is promoting good practice with a heightened awareness of all the things that might be important in enabling people to 'be well' as they grow older.

Wellbeing has become a high profile issue in contemporary policy and practice. Rather than talking just about 'improving health' we are more likely to read about 'improving health and wellbeing', and similarly, the notion of 'welfare' is now accompanied by 'wellbeing': as well as 'doing well', the aim should be to 'be well.' Wellbeing has been associated with 'happiness', with 'quality of life' or 'life satisfaction



Primary Goals

We believe that older people should be regarded as valued and respected members of their community with the right to participate in every aspect of community life.



How will we help:

Health and mental wellbeing

To help people maintain and improve their wellbeing, our staff will be trained and supported to:

Be aware of any mental health conditions, sensory impairments or physical problems that a person already has.

Look for any changes in how the person usually is, and any signs or symptoms of new conditions.

Record observations in the person's care plan.

Share information and concerns with healthcare professionals, including the person's GP.

Know when and how to make a referral to the relevant healthcare services.



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Our aim is to try to prevent relapses and failed discharges from hospital. Having Agewell on board is enabling individuals to maintain their independence after discharge. Agewell has access to a wide range of support in the community which is helping to empower and re-enable individuals and help with their social inclusion. Agewell is a valuable part of the model we are trying to create ie enabling individuals to return to their own homes from hospital with ongoing support so they can remain independent."

Agewell

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The purpose of a PPG:

To give patients and practice staff the opportunity to meet and discuss topics of mutual interest.

To provide a means for patients to become more involved and make suggestions about the healthcare services they receive.

To explore issues from patient surveys, contribute to actions plans and help monitor improvements.

To contribute feedback to the practice on patient survey results and friends and family tests by proposing developments or change.

To support health awareness and patient education.

**Come and Join our
Group** – Ask at Reception



We are eager to ensure that patients are actively involved in deciding how the health services they use should develop.

To provide patients with the opportunity to express their views, we have set up Hawthorns MC's Patient Participation Group (PPG).

The Patient Participation Group works to improve communication between the Practice and its patients, to ensure the services on offer truly meet the needs of all patients.

Anyone is welcome to join the group, as long as you are registered with the Practice and interested in working together to make positive changes for the Practice and its patients.

We still have some vacancies in our current group. We especially need young people, workers, retirees, people with long term conditions and people from non-British ethnic groups.

How we get there

Meet & Chat



Workshops



Coffee & Cakes



