

WACA PPG August Newsletter

General Update:

- Emma and I met up with some of the PPG members who very kindly gave their time to meet and discuss the BMA collective action that Dr Caroline Rayment had discussed in the July Network meeting. We discussed how we best move forward and we are in the process of speaking with some practice managers to also get an insight from them. We had hoped to meet up in September but we are now looking at Thursday 11th October and I will be sending a poll out shortly.
- Covid and Flu Vaccination Programme - this will be starting nationwide on October 3rd - all the WACA Surgeries will be vaccinating and invites should be going out soon. The eligible cohorts for covid have been confirmed as over 65's, persons aged 6 months to 64 years in a clinically at-risk group and residents in a care home for older adults.

Wharfedale and Airedale Update:

- Pre-Diabetes Talk - we are running an online talk on Diabetes prevention for **Ling House** Patients. This is on Wednesday **September 4th** and the link to book is <https://www.eventbrite.com/e/ling-house-medical-centre-pre-diabetes-health-education-session-tickets-995365253267?aff=ebdsoporgprofile>
- Share With Us - we are running a series of small focus groups to learn what is needed to support people with learning disabilities. The first one will run at Ling House Medical Centre on **September 9th** (see attached poster). Places can be booked at <https://www.eventbrite.com/e/share-with-us-tickets-988337513107?aff=oddtcreator>
- IG Medical are running a Women's Health Talk on **Monday 16th September** (more details attached), Dr Georgina Fairfield will cover nutrition, mental wellbeing, sleep and exercise with a focus on lifestyle medicine, places can be booked at <https://www.eventbrite.com/e/womens-health-wellbeing-talk-ilkley-tickets-970652326237?aff=ebdsoporgprofile>
- Ling House are running two drop-in Women's Health Events for Ling House patients. These are being held on **Thursday 19th September** and **Thursday 10th October**, both

10.30am - 1.30pm (poster attached) and patients will be able to get advice on cervical screening, social prescribing, the menopause and also speak with our cancer care champion.

- We are continuing to run a monthly drop-in social prescribing clinic at Highfield Community Centre, Keighley - the September - November dates are on the attached poster.
- The Mental Health Connect Programme for Airedale and Wharfedale (part of the NHS Mental Health Transformation Programme) is starting a WRAP (Wellness Recovery Action Plan) in September in Ilkley as well as the drop-in sessions on a Wednesday and Thursday at Christchurch, Ilkley. There are still spaces available on the WRAP course and for more information, please visit <https://mentalhealthconnect.org.uk/groups-and-courses/>

Craven Update:

- Dr Rebecca Ormondroyd will be running a Women's Health Talk at Townhead Surgery on Thursday 12th September that will focus on HRT for the Menopause, more details attached and places can be booked at

<https://www.eventbrite.com/e/menopause-and-hrt-gp-led-health-talk-tickets-953157258017?aff=oddtcreator>

- We are starting a programme of health checks, both in Surgery and in workplaces. The first of these is being held at Dyneley House Surgery on **September 24th**. We will send out more details of this when they have been finalised.
- We will be holding a 'Share with Us' in Skipton on Monday 14th October (poster attached) and places can be booked at <https://www.eventbrite.com/e/share-with-us-tickets-995009479137?aff=ebdsoporgprofile>