The PPG met on January 8th and considered opportunities to ensure people can live a healthy lifestyle. We focussed on the excellent services offered at the Witham Leisure Centre. These include a Community Garden, the Active Health Club, the Sporting Memories Social Club, the Active Rewards Exercise Referral scheme, and Sport for Confidence. The key word for all these activities is FUN! If you can’t get out try the exercise at home programme and ABLE like MABEL - ask Carol, our Social Prescriber, for the information pack.

\*Further details below.

The practice team reported that there was still an issue with people not attending booked appointments. It is understood that there are many reasons why this might occur but, in some cases, this happens more than once during the year. If you cannot attend an appointment, please let the reception team know, giving as much notice as possible. Missed appointments unfortunately add up and are calculated as clinical hours lost per month. This can be over 30 hours! For clinical staff and those who haven’t managed to get an appointment, this is frustrating. So, remember to CANCEL!

Members asked about Health Checks which are available to any patients between 40-74 or 75-84 if they are not taking any medication for blood pressure or any statins.

This is a great opportunity to look at your lifestyle and improve your lifetime health chances.

We were asked how to find the PPG newsletter on the website. Just put ‘Patient Participation Group’ in the search and the newsletters come up.

Cake and Plant Sales

The garden group are looking into adding plant sales to the current cake sale and raising money for charity. Keep a lookout when the weather improves!

Neighbourhood Teams

Although we have the advantage of sharing clinical staff across the four practices in our Primary Care Network, we are soon to benefit from the work of neighbourhood teams. There will be greater access to a broader range of expertise, support and wider networks of support services bringing together health, social care, and voluntary organisations. Watch this space for updates as this develops.

**\*Wednesday: Community Garden**

Volunteering initiative aimed at combating social isolation and improving health and well-being.

Join our team of volunteers every Wednesday from 10:30 to 12:30 to work on the site, socialise, learn gardening skills, and make new connections.

**The Active Health Club**

Witham Leisure Centre every Wednesday 1pm to 2pm and Friday 11:30 to 12:30

AHC classes are group sessions based on strength and mobility exercises that are transferable to daily life activities. The classes are aimed at those returning to or starting exercise, older people and those who may be in physical recovery, or who have musculoskeletal issues such as arthritis.

Free 10-week course (funded by the Active Braintree Foundation) of sessions via referral to Fusion - With free refreshments and Social time in reception after the session.

**Friday: Sporting Memories Social Club**

Free weekly club held at Witham Leisure Centre every Friday from 10:30am to 12:30pm.

A Club to assist older people to make new friends, reminisce about memories of sport, play games, take part in quizzes, and participate in fun, inclusive activities together.

Carers, family, and friends are most welcome – Dementia Friendly.

**The Active Rewards Exercise Referral Scheme**

Offers individuals who are referred a Fusion Leisure card pre-loaded with credits that can be used in exchange for Gym, Swim, or classes at any Fusion Leisure Centre in the Braintree District.

A discounted Full-Anytime Fusion membership of £27.25 per calendar month is available for people who complete the scheme.

**Tuesday and Thursday: Sport for Confidence** – link below

[https://www.sportforconfidence.com/our-services/witham-leisure-centre/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sportforconfidence.com%2Four-services%2Fwitham-leisure-centre%2F&data=05%7C02%7Csiobhan.bull%40nhs.net%7Ce233b5720a834a4b714008dc33914155%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638441946165460924%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=RGC2OtxiMvEhQTh7VimP%2BTPNedlkgHgnXaApUAbv1kI%3D&reserved=0)

Sport for Confidence place an Occupational Therapist and Coach into a leisure centre to make reasonable adjustments and break down barriers to enable everyone to participate in sport and physical activity and experience positive outcomes in their lives.

“Disabled adults are almost twice as likely than non-disabled people to be physically inactive - 42.4% vs 22.6%’ (Sport England, Active lives Survey, November 2020-21).”

Contact Richard Moss, Community Health, and Engagement Manager, -

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