



The PPG January 2021 Newsletter

Reasons to be cheerful

The beginning of a new year is the perfect time to look forward to new beginnings and this time, more than ever the hope is that 2021 will enable us all to remain healthier, happier and safe. It also an opportunity to look back and value the positive things that have taken place.

The ongoing effect of the Coronavirus on our everyday lives has meant that we have had to make changes to what it is safe to do. It has also stretched resources and meant changes to the ways in which our doctors have been able to provide care and support for patients. However, it has not been all bad news, especially with the work that has been undertaken to develop a vaccine that will help us all to combat this illness. Below are just a few of the plusses for which we should be thankful and which will make a difference to our lives in 2021.



OUR NEW OPEN SPACE

The Practice opened the Healthy Haven Garden in the grounds of the Waterside (Hythe) Health Centre and a team of patient volunteers led by Christine Bennett, have taken on the task of keeping it tidy and ensuring there are seasonal flowers to ensure it is a place where you are able to sit and enjoy the peace and quiet. It is open each day when the Surgery is open and is available to all patients in the Practice. New volunteers are always welcome

[See More](#)

The Primary Care Network (PCN)

You may not have heard about the the Primary Care Network which is a recent initiative that provides the opportunity for all the GP Practices on the Waterside to collaborate in delivering services to patients on the Waterside. The latest example is the delivery of Covid vaccinations at Applemore Health and Leisure Centre. To find out more about the PCN click on the image.



Covid vaccinations

There was a great turn out with zero problems, which was incredible considering the team were working with a very unstable and complex vaccine with very strict protocols, with an IT system that they had never used and only had sight of 12 hours before, with a team that hadn't previously worked together, in a building they hadn't used before, immunising the elderly and most complex patients from across the Waterside. It was an awesome achievement.

The new Health & Wellbeing team

Another benefit of the PCN is the ability to appoint people to work across the Waterside. The most recent appointments were a group of people from different Professional backgrounds to support the wider health and well being needs of patients in each practice. to find out more about the team click on the image to go to their website



Living After Loss

There is a local support group for those experiencing bereavement which is sponsored by the PPG. It is called Living after Loss and you are invited to contact Dot Croall to find out how the group is operating during the lockdown to allow people to share their experiences of loss and how they are dealing with this. To ind out how to contact the group click on the logo for more information

Just before we finish

Now that the New Forest is in Tier 4 the opportunities for exercise are more limited. However you are allowed to travel a short way to walk in the country side with either your family or one other person. The leader of the 'Waterside Walking for Health' group has provided details of local routes and information that you could try out. Click on the logo to find details about the walks you might try.



And finally

You may have been aware of the plans to replace the Hythe Memorial Hospital. If you have visited the Waterside Health Centre recently you will have seen the work has started. To learn more about the progress of this initiative click on the image to read their recent newsletter.

The PPG hopes that the information provided in this email is of interest and provides the opportunity to celebrate those things which have positive benefits for us as patients. There may be other items that could be of interest or you may wish to comment on the items included. Please use the link below to go to our comments response on the PPG website to let us know about your thoughts and ideas.

[Click to comment or add ideas](#) →