



An Apple A Day

Newsletter for patients registered at GP Surgeries in Hitchin and Whitwell

@hitchinandwhitwellpcn

HWPCN

Hitchin & Whitwell Primary Care Network

Welcome to your quarterly Primary Care Network newsletter!

In this issue we are delighted to share that your PCN won the "Primary Care Network of the Year" award. There is also useful information on exercise and moving more, as well as details on upcoming webinars and dementia training for carers.

PRIMARY CARE NETWORK OF THE YEAR WINNER 2024!

We are delighted to announce that your PCN has won the Herts and West Essex "Primary Care Network of the Year" Award, which is a huge honour and it's fantastic to have the hard work of the whole team recognised!



Hitchin & Whitwell PCN
WINNER: HWE Primary Care Network of the Year

- Respiratory diagnostic hub
- An Apple A Day (Quarterly newsletter)
- High intensity user MDTs
- Enhanced Access: "Easier for me to access while working"
- Asylum seeker outreach clinics
- Education Events: "Very valuable and interesting!"
- Smear Saturday: "I wouldn't have had the smear done if it wasn't for the walk-in clinic"
- High risk PSA testing
- Sleepstation
- Covid vaccines
- Angels: ALZHEIMER & ADHD SUPPORT
- Whitwell PCN back pain webinar
- MENOPAUSE
- CARERS' Café: "A big thank you to everyone for making these mornings possible. It is so nice to be able to talk to people who understand what you're going through."

We were also joint winners in the other category in which we'd been shortlisted: Excellence in Integration and Collaboration. This recognised the fantastic work we've done with our partners in running the Carers' Café – which has now been supporting carers for over a year!



Hitchin & Whitwell PCN Carers' Café

JOINT WINNERS: Excellence in Integration and Collaboration

- Weekly café for carers and their loved ones
- Practical advice from practice Care Coordinators and supporting services
- Peer support with refreshments provided
- Health checks and vaccinations
- Volunteers from Hitchin Tilehouse Rotary Club
- 39% of respondents said they were less likely to need a GP/ nurse appointment



BENEFITS AWARENESS WEBINAR

Thursday 5th December 6.30-7.30pm

So far, the winter has been fairly mild, but with cold nights ahead and the pressure of the high cost of living, we know that some people have to choose between heating and eating. Even a small amount of extra money could make a big difference. Why not join our Benefits Awareness webinar, presented by the Citizens Advice team, and find out whether you might be eligible to apply for other benefits? The webinar will be on Teams Town Hall so will be anonymous, and you'll still have the opportunity to ask questions. To make your experience with Microsoft Teams run smoother please download the Microsoft Teams app prior to the meeting. Please click the link below to join the webinar.

[CLICK HERE TO JOIN THE WEBINAR](#)

Alternatively, please email hwpcn.admin@nhs.net to be sent the link.



HEALTHY EATING COOKALONG WEBINARS

There's an exciting new plan being developed with several partners to deliver a series of cookalongs with quick, nutritious and delicious recipes, starting in mid-January 2025. These will be aimed at helping families with primary school-aged children to cook together healthily at home, but all are welcome to join. We'll publish the ingredient list in advance so you can be prepared to cookalong with our celebrity chef, Miguel Barclay!

Watch out for further details!

 @miguelbarclay



EXERCISE – SO GOOD FOR BOTH YOUR PHYSICAL AND MENTAL HEALTH!


Exercise less, more often (from the BBC website)

In the UK, most of us don't meet the physical activity guidelines – 150 minutes of moderate-intensity activity per week can seem like a serious challenge. Wouldn't it be ideal if we could just fit in all the exercise we need to do in the week into five- or ten-minute bursts and get the same benefits? A little stair-climbing here, some moderate-intensity cycling there, a quick fast-paced walk at lunchtime.

Research has revealed that doing multiple, short bursts of exercise - "exercise snacking"- during the day could match the health and fitness benefits of one long session, with some studies even suggesting it could help you burn more calories and lose more weight.

For those who prefer the gym experience, North Herts Leisure Centre and Hitchin Swimming & Fitness Centre are both now under the "Everyone Active" umbrella and have been refurbished. They're offering a Men's Club, in association with NHS Talking Therapies, and a Menopause Support Group.

You can self-refer using the information here!



Menopause Support Group

The menopause can be difficult, confusing, and sometimes, frightening. Whatever you are going through; you are not alone! The Support Sessions provides a safe, confidential environment for women to share their experiences. You will discover what the three stages of the menopause are, the symptoms that they bring and how nutrition, exercise and lifestyle changes can help you to cope better.

Come and join Juanita Prescott, Everyone Active's Health and Wellbeing Manager, for a cuppa and a good old chat at the Hitchin Health and Fitness Centre, Fishponds Road, Hitchin SG5 1HA

Friday November 29th, December 13th
Call 01462 441646 or email juanitaprescott@everyoneactive to book or for more details.

Stevenage Arts & Leisure Centre
Lytton Way, Stevenage, SG1 1L2
01438 576658
www.everyoneactive.com

everyone ACTIVE | ACTIVE STEVENAGE | Stevenage BOROUGH COUNCIL

Working together for the health and happiness of Stevenage residents.

healthy hub

EVERYONE

**WANTS TO
BE ACTIVE**

**MEN'S
CLUB**

FOR PHYSICAL & MENTAL HEALTH

The Men's Club is free to all men who would like to improve their physical and mental health

A free workshop at the North Herts Leisure Centre, with NHS Talking Therapies who will help you understand low mood, anxiety and stress and show you tips on how to tackle them.

The session ends with a progressive muscle Relaxation Exercise

After attending the workshop, men will be able to use the facilities free of charge for one month.

(offer includes use of the gym, group training sessions and lane swimming)

Workshop dates;

Wednesday 6th November 2024

Wednesday 15th January 2025

Wednesday 19th March 2025

NHS
Hertfordshire
Talking Therapies

**CALL 01462 679311 TO BOOK
YOUR FREE PLACE**



MOVING MORE ACTIVITY FINDER

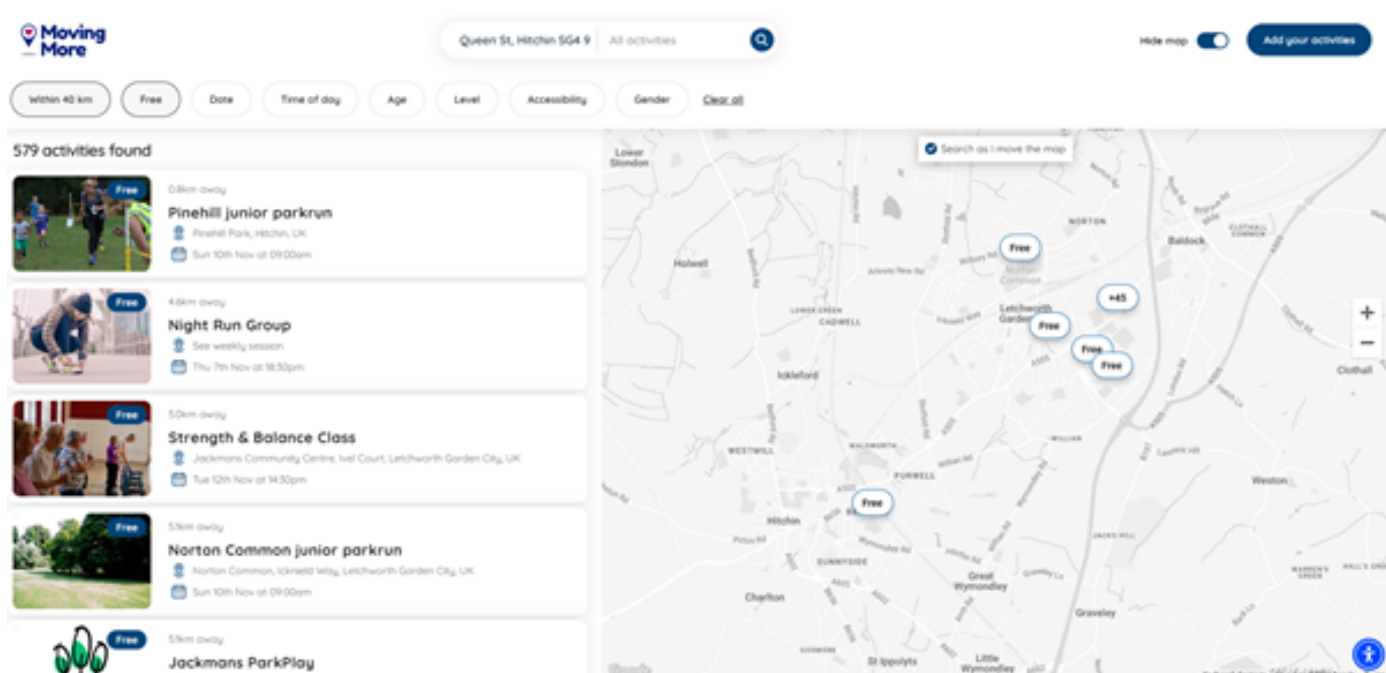
Also, if you're not sure where to find local exercise classes and groups which would suit you, why not try Moving More?

The Moving More Activity Finder has developed over many years and provides a 'one stop shop' for discovering physical activity opportunities in Hertfordshire. Whether you are looking for ways to get yourself more active, or looking for someone else, there are thousands of activities to discover.

Moving More is a tool to encourage Hertfordshire residents to improve their physical activity levels and experience all the physical, mental and social health benefits from being more active. There's also an area to discover new ways to be active at home as well as lots of helpful information about the importance of being physically active.

Start moving more by visiting www.movingmore.co.uk

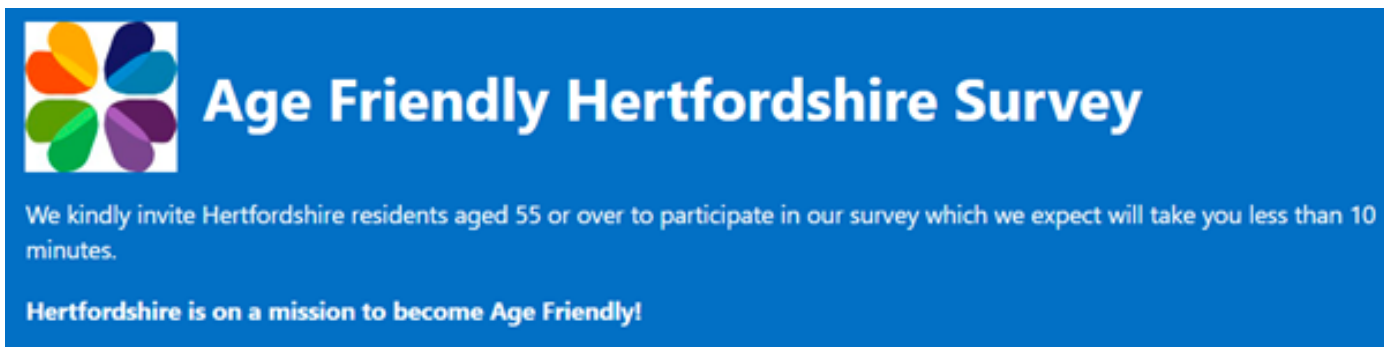
Simply pop in your postcode and you'll be shown a range of activities which you can filter in several ways including by price, level and time of day.



If you have any further questions you can contact the HSP Moving More team, on contact@movingmore.co.uk

WE'RE ALL GETTING OLDER!

The population of the UK is aging and we want to make Hertfordshire a safer, happier and healthier place for older people.



Age Friendly Hertfordshire Survey

We kindly invite Hertfordshire residents aged 55 or over to participate in our survey which we expect will take you less than 10 minutes.

Hertfordshire is on a mission to become Age Friendly!

We need your help to understand the issues affecting older people so that we can make improvements. Complete the survey via the link below and you could win a £20 One4all voucher!

[Age Friendly Hertfordshire Survey_\(Page 1 of 13\)](#)

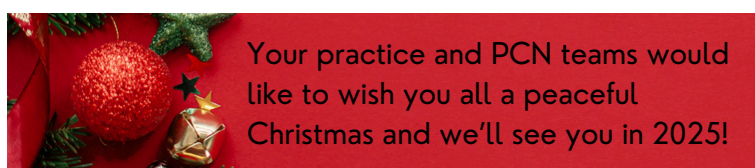
DEMENTIA TRAINING FOR CARERS

Our local Admiral nursing team have created a training programme for those caring for someone with dementia. They're held at on Thursdays from 10-12 noon at Garden House Hospice in Letchworth, so that the person living with dementia can be supported at the Healthy Memory Café running next door while their carer attends the training.

The sessions cover:

- Communication and Unmet needs in Dementia
- Physical Needs, including pain, nutrition, sleep and delirium
- Anticipatory grief – carers emotions and feelings
- Looking after yourself and planning for the future


The current course is in full swing, but if you'd like to register your interest for the new year, please contact the team!



The Admiral Nurses have identified some of the most common issues and themes in dementia, creating a series of four training sessions to help carers understand and manage people living with dementia more confidently.

How to book


- * **Online:** www.ghhospicecare.org.uk/event/carers-training
- * **Email:** education@ghhospicecare.org.uk
- * **Phone:** 01462 679540




Those organising the training include:

- * **Lucy Cosgrove** - Admiral Nurse, Garden House Hospice Care
- * **Hayley Cooper** - Admiral Nurse, Carer in Herts
- * **Vicky Kelly** - Memory Support Hertfordshire Development and Learning Officer

Sessions can't be booked individually. When booking, carers will be registering for all four sessions. Please inform Lucy Cosgrove on 07377876257 if you would like the person living with dementia to attend the Healthy Memory Café on training days.

 Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU



Reg. Charity No. 295257