

Regular readers of this newsletter will remember that earlier this year I mentioned that the Calverton Practice was now a Park Run affiliated practice. Our local Park Run is at Gedling Country Park and is held at 9am every Saturday morning with a shorter children's event on Sunday. Many of the practice are in training for our inaugural run on Sat 13<sup>th</sup> July. I am joining in and many of the practice team are planning to turn out. Why don't you join us? It is easy to register at [www.parkrun.org.uk](http://www.parkrun.org.uk) and all you then need is the bar code provided. All abilities are welcome and even walkers are encouraged to join in. My body is already telling me it is a shadow of its former athletic self (from rugby and even marathon running days) but following the 'couch to 5K' programme which can be found via [www.nhs.uk/live-well/exercise/couch-to-5k](http://www.nhs.uk/live-well/exercise/couch-to-5k) means even the un-fittest can give it a go with a bit of preparation. It's a free event and if you don't fancy the exercise volunteers are also welcomed. Research has now shown that there are 5 **Key ways to Wellbeing** which includes a positive effect on emotional and mental health. **Exercise/ Activity** is one of the key 5 with the others being **Connecting** (spending actual time with people, not virtually on a phone); **Being Mindful** (actively taking notice of the things around you); **Keeping Learning** (preferably new things and hobbies) and **Giving** (particularly of your time and without necessarily expecting anything in return). Added to this can be added **Eat Well** (not too much processed food and sugar); **Relax** (re-discover a bit of 'me' time) & **Sleep**. It's all about an accumulation of marginal gains (think Olympic cycling and success!). No one thing does it all but an accumulation of some progress in all those areas adds up to a big difference.

On a similar vein there are now **Free local healthy lifestyle courses for families**. These are particularly aimed at the 5-11 age group and family and friends are included. The course lasts 12 weeks and includes healthy eating, activities and games, plus there is a free water bottle and bag for those completing the programme. There are some eligibility criteria but more information can be obtained from Change Point Notts on 03330 050092 or email [changepointnotts@everyonehealth.co.uk](mailto:changepointnotts@everyonehealth.co.uk)

**'Helping you to help yourself'** is the title of a new leaflet available in the surgery. This highlights the conditions suitable for self-care or advice from a pharmacist. Benefits mentioned include access to expert advice, saving time, freeing up GP appointments for other to use and saving the NHS money that can then be spent elsewhere. In 2015 South Notts practices alone spent nearly £2 million prescribing medication that could have been obtained over the counter at a pharmacy. Simple items like paracetamol and ibuprofen are now even available from shops and supermarkets so next time you are in the practice, pick up a leaflet and give self-care a go.

This month we have a few new staff members to welcome. Debbie Fryer and Marie Murray have joined our reception team. Karen Allen and Sharon Brearley have joined our house keeping team and there has been some shuffling of roles with Jayne Yeomans taking up the Practice Manager assistant role, Gill Smith joining our coding and summarising team and Lorraine Bell joining Julie Chambers in our secretarial and admin team.

Finally, I am very sad to be reporting the recent passing of 2 former members of the practice team. Firstly a former salaried GP, Dr Sue Bailey and secondly Sue Bereznyckyj who was a practice nurse here for many years and I am sure was well known and remembered by many of our patients being a Calverton resident herself. In addition to her nursing career, Sue Bereznyckyj was extremely active in the Royal Naval Reserve, a role she was very proud of. Both had battled with illness for some years and our thoughts are with bereaved family and friends at this time.

Phil Rayner