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Practice Number
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Lines open 08.00 – 18.30

Health Lines

Issue 37
July 2024

THE MONTHLY PATIENT BULLETIN FROM YOUR PATIENT PARTICIPATION GROUP (PPG)

SHP win Prestigious Award



SHP were delighted to win Healthcare Provider of the Year at the Carer Friendly Awards 2024 in June.

They were highlighted for going above and beyond for unpaid carers in Solihull, supporting carers with their Carers Events, Carers Champions and by implementing additional supportive measures.

Dr Clare Webb, Health Inequalities Lead GP for SHP, said; “We are truly honoured to have won this award and to receive the recognition of the support we provide to carers. With more to do, and more events including our new Monthly Carers Coffee Mornings, we are excited to continue to support Carers in the community”.

“We would like to take this opportunity to thank the Carers Trust Solihull and SHP Patient Participation Group volunteer members for their support at our Carers Events.”

If you are a Carer who helps and supports someone who can't manage on their own, SHP want to ensure YOU get all the support you need – visit their website to find out more at

www.solihullhealthcarepartnership.nhs.uk/services/carer-support



Healthcare Provider of the Year award



Anne Devrell, PPG Secretary & Liz Rowsell, PPG Vice Chair represented the PPG at the awards ceremony

Patient Survey

The PPG recently sent a survey to all PPG members and would like to thank all members who took part.

The results of this are being analysed and the PPG committee will be implementing projects which will concentrate on highlighted areas.

Emails received from DrDoctor

This is a valid system used by the NHS !!

There are many third party apps and websites that the NHS uses to facilitate patient engagement and the sharing of information. It can be very confusing because different NHS services will not all use the same services.

DrDoctor is a platform mainly issued by the acute trusts to share information about appointments and allow patients to access hospital correspondence.

It is not used by SHP but may be used by local hospital trusts although not all of them.

PPG Area at SHP Sites

Anyone visiting the SHP surgeries will see the new PPG areas which have been set up.

These give the PPG the ability to display any leaflets, information, posters etc.

Please take a look and help yourself to any of the available leaflets and printed copies of this news bulletin.

If you have any suggestions as to other information you would like to see included, please email the committee via the PPG email.

****COME & JOIN YOUR PPG****

If you want to be involved in SHP development and service delivery, or even just to voice your opinions please join your PPG.

Simply complete the form available in the PPG section of SHP web site or email shp.ppg@nhs.net for further information.

Next committee meeting will be on 18th July 2024 and will be an on-line only meeting.

Next Full Member meeting will be held on 25th July 2024 at Monkspath Surgery. Timings to be advised.

Topics to be included at further meetings

The Committee is always looking for ideas of topics or speakers you would like to form a part of future members meetings.

If you have any ideas for this please email the committee Chair via the PPG email address for them to be included on future agendas.

Jump Back Up July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Take a small step to help overcome a problem or worry	2. Adopt a growth mindset. Change "I can't" into "I can't...yet"	3. Be willing to ask for help when you need it	4. Find something to look forward to today	5. Get the basics right: eat well, exercise and go to bed on time	6. Pause, breathe and feel your feet firmly on the ground	7. Shift your mood by doing something you really enjoy
8. Avoid saying "must" or "should" to yourself today	9. Put a problem in perspective by seeing the bigger picture	10. Reach out to someone you trust and share your feelings with them	11. Look for something positive in a difficult situation	12. Write your worries down and save them for a specific 'worry time'	13. Challenge negative thoughts. Find an alternative interpretation	14. Get outside and move to help clear your head
15. Set yourself an achievable goal and take the first step	16. Find fun ways to distract yourself from unhelpful thoughts	17. Use one of your strengths to overcome a challenge today	18. Let go of the small stuff and focus on the things that matter	19. If you can't change it, change the way you think about it	20. When things go wrong, pause and be kind to yourself	21. Identify what helped you get through a tough time in your life
22. Find 3 things you feel hopeful about and write them down	23. Remember that all feelings and situations pass in time	24. Choose to see something good about what has gone wrong	25. Notice when you are feeling judgemental and be kind instead	26. Catch yourself over-reacting and take a deep breath	27. Write down 3 things you're grateful for (even if today was hard)	28. Think about what you can learn from a recent problem
29. Be a realistic optimist. Focus on what could go right	30. Reach out to a friend, family member or colleague for support	31. Remember we all struggle at times - it's part of being human				

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