



shp.ppg@nhs.net



Practice Number
0121 705 1105
Lines open 08.00 – 18.30

Health Lines

Issue 42

December 2024

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

VOLUNTEER



· International Volunteer Day 5 December 2024

Some of our PPG volunteers were delighted to accept an invitation to attend the 'Thank You' morning SHP staff and SHP Board at Monkspath hosted to mark this occasion.

The Board recognise the important role their PPG play in the development and refinement of services as well as being the 'eyes and ears' of SHP patients. Throughout the enormous changes and challenges in Primary Care over the past four years, the PPG has played its part in providing clear and constructive communication from patients around their experiences.

Volunteering is vital within the healthcare environment and SHP staff are very appreciative of PPG members' time and commitment to a range of clinics and events over the past year.



A PERSONAL REFLECTION

Everyone's life has been stressful over the past few years.

There has been Covid, the cost of living crisis and the horrible situation in Ukraine and the Middle East.

Our lives have been filled with complications of life and pressure which seems to invade our very being.

It has been dark and miserable weather.

There is a growing and legitimate understanding and acceptance that our mental health is important.

We should take action to support our wellbeing.

It is important to remember that we are of value.

To take a step back and accept and applaud that we have succeeded in the most trying and difficult circumstances.

To strive to live our ordinary life.

To find time in every day to sit and see that we are heroes

To talk and seek help.

CHRISTMAS 2024 CLOSURE DETAILS

All SHP sites will close on the 25th & 26th December, 2024 and on 1st January, 2025. Sites will be open as usual on all other dates over the festive period.

[Can we remind you to order any repeat medications well in advance of the holidays.](#)

Change of Bulletin frequency in 2025

We will now be producing the bulletins on a quarterly basis rather than monthly as it has previously been.

This will give us the ability to concentrate on items which are pertinent to the particular season.

Bulletins will be at the end of these months:

Spring	March
Summer	June
Autumn	September
Winter	December

As always suggestions for content are welcome



Wishing you and all your family a very

Merry Christmas
and a
Happy and Healthy 2025.

from
the PPG Committee

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

If you want to help us develop and improve SHP's services for the patient population, or even just to voice your views, 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 Thursday 19th December 2024.

The next Full Member meeting will take place on **TUESDAY 21st January 2025**

All meetings from December 2024 through to and including March 2025 will be on-line only.

Timings to be advised.



The PPG would like to take the opportunity to wish all staff at SHP a very Merry Christmas and a Happy 2025.

