

WIDE WAY MEDICAL CENTRE

Let's Walk and Talk Together in Pollards Hill

Find us on YouTube

People are increasingly turning to the internet as a trusted source of health information and we will be providing short clips and contents which will cover a variety of topics. This will highlight reliable online health information. So tune in and subscribe

Search **WIDE WAY HEALTH**

The Walk and Talk Movement (<https://wewalkandtalk.org>) provides free and fun community walks and talks in lovely green spaces across Merton every Saturday at 10.30am.

Everybody is given a very warm welcome, whatever age and ability. Walkers and talkers can walk at any pace they like and any distance they like.

Now The Walk and Talk Movement is coming to Pollards Hill!

VIDEO GROUP CONSULTATIONS

At Wide Way, we have been providing Video Group Consultations since September 2021, and we're excited to have you join us! Our journey started with a group of patients dealing with long-term effects of Covid-19. The meetings turned out to be incredibly beneficial. Not only did patients gain valuable advice from our team of healthcare professionals, including GPs, health and wellbeing coaches, and social prescribers, but they also found tremendous support from their peers. It was truly heart-warming to witness the power of solidarity and encouragement within the group.

Building on the success of these sessions, we expanded our reach to collaborate with colleagues in different parts of Merton. Our focus shifted towards supporting new and existing mothers, especially those facing language barriers or other difficulties. Through a series of video group clinics, we explored various topics each week, ranging from minor childhood ailments to perinatal mental health and managing childhood emergencies. We wanted to ensure that every mother had access to the vital information and guidance they needed.

We will be walking and talking together Saturday at 10.30am from outside the New Horizon Centre (South Lodge Avenue, Mitcham, London CR4 1LT, near Pollards Hill Library).

No reservations or bookings are required and everybody is welcome.



COMMUNITY GROUPS

In the summer and autumn of 2022, we had the pleasure of engaging with local mom and toddler groups, taking our sessions offline. We held face-to-face meetings at both the Pollards Hill Baptist Church and Sherwood Park Hall. Dr. Shilpa and I regularly visited the Sherwood Park Hall group, offering medical and wellbeing support to many participating moms and their babies. It was a joy to connect with the community in person and provide the care they deserved.

IF YOU ARE:

- 65 and over (including those who will be 65 by 31 March 2024)
- have certain health conditions
- are pregnant
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who is more likely to get a severe infection due to a weakened immune system, such as someone living with HIV, someone who has had a transplant, or is having certain treatments for cancer, lupus or rheumatoid arthritis



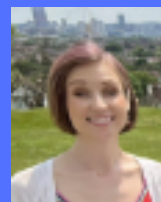
COMMUNITY HEALTH AND WELLBEING CHAMPION

We are pleased to announce the arrival of Dee who is a community health and wellbeing champion. She has been linking in the community partners and residents to understand what matters to you. How can we further support the needs of our local community by working with local partners and building on local assets. She has led the walk and talk movement (below) and has many more exciting projects to develop.



HEALTH & WELLBEING COACH

Our Health and Wellbeing Coaches are an essential part of our team, alongside social prescribers and care coordinators, and they play a crucial role in personalized care. Working in primary care, our health coaches assist individuals with a wide range of needs. While a significant part of their work involves supporting patients in achieving health goals such as weight loss, diabetes/hypertension prevention, or management, they also provide guidance for those going through challenging times.



For those facing difficulties like the loss of a loved one, relationship breakdowns, anxiety, depression, or ADHD, our coaches offer a safe and non-judgmental space. In these sessions, patients can freely express their experiences and challenges. Simply having someone genuinely listen and validate their feelings can make a world of difference. Additionally, our coaches help patients identify coping strategies, reconnect with their needs, and recognize unhelpful patterns of thought or behaviour. We are here to support you every step of the way. We are thrilled to have you as part of our community, and we look forward to assisting you on your journey towards better health and wellbeing.

WHAT IS A PATIENT PARTICIPATION GROUP (PPG)?

A GROUP OF REGISTERED PATIENTS AND PRACTICE STAFF WHO MEET FREQUENTLY TO DISCUSS AND MAKE DECISIONS ABOUT THE PRACTICE AND HOW IT IS ABLE TO SERVICE THE COMMUNITY WITH IMPROVED HEALTHCARE SERVICES AND FACILITIES.

TOGETHER WITH OUR PPG WE INTEND TO:

PROVIDE RESOURCES AND SERVICES FOR THE GOOD OF THE PRACTICE POPULATION WHICH WOULD NOT OTHERWISE BE PROVIDED BY STATUTORY SERVICES

ENCOURAGE A SPIRIT OF SELF HELP AND SUPPORT AMONGST PATIENTS TO IMPROVE THEIR HEALTH AND WELL BEING

IMPROVE COMMUNICATION BETWEEN THE

SERVICE PROVIDERS, THE GROUP

AND THE WIDER POPULATION

PROMOTE A PATIENT

PERSPECTIVE AND

ENABLE PATIENTS

TO ACCESS AND MAKE

THE BEST USE OF

AVAILABLE HEALTH CARE.

Join your **Patient Participation Group**

PPGs represent patients and provide feedback on GP practices, helping to drive change

[JOIN HERE](#)

COME ALONG TO MERTON'S FREE COST-OF-LIVING EVENT TO ACCESS THE ADVICE AND SUPPORT YOU NEED WITH YOUR FINANCES INCLUDING BILLS, DEBT, AND BENEFITS, AS WELL AS ENERGY SAVING

**TUESDAY 10AM-2PM
WIDE WAY MEDICAL CENTRE**

