

PATIENT PARTICIPATION GROUP (BOTESDALE HEALTH CENTRE) REPORT 2023-24

The Patient Participation Group at Botesdale Health Centre has, over the last year, increased their volunteer base to assist with the various schemes which we organise for the benefit of patients.

We now hold weekly Wellbeing walks which assist with general fitness, isolation situations, fitness prior to operation or post operative recovery or simply to just enjoy a group walk with friends in beautiful rural surroundings, followed by coffee and chat at Parkview Chapel.

Walks are every Tuesday 10 am leaving Parkview Chapel.

Our Art Wellbeing Group is on its third course and has been enthusiastically received by patients and is held in a delightful studio in Rickinghall. Please contact email below should you like to be placed on our list of interested patients who would like to attend. No prior Art ability is required- just an interest- all materials provided.

Our Information Desk which runs on a rota system with trained volunteers has been welcomed by the Practice and patients alike. Volunteers will assist with all enquiries(non-clinical) and will gain information if they cannot answer the query immediately- so do please approach the volunteers if you require assistance. Every Monday morning and on a rota system one other morning each week.

We have also gained Trainers from East of England Ambulance Service to teach interested patients CPR and AED techniques. 60 patients attended.

We undertook two Dementia Friendly Training sessions with a Trainer from The Alzheimer Association for interested patients, and staff at The Botesdale Practice. The PPG will now move forward in gaining Dementia Friendly Practice Status as we did to gain Veteran Friendly Practice Status which we now have.

The PPG has assisted Rabbatts to gain a Health Care Professional to attend termly to hold information sessions for carers of young babies and children.

You may have noted our volunteers assisting in the Practice on Covid/Flu Vaccination Clinic Days.

If you find, upon reading this editorial that you would like to assist as a volunteer in some capacity for the Botesdale Health Centre Patient Participation Group – it would be great to hear from you.

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