

# Nightingale News

## WELCOME TO NIGHTINGALE NEWS!

**Welcome to the 1<sup>st</sup> edition of Nightingale News** - the newsletter for both patients and staff at the Nightingale Practice.

**Nightingale News** aims to keep you up to date with what's happening at our practice. We'll also tell you about the **Together Better** project that offers social events, exercise classes and group activities to improve your health and wellbeing.

Tell us what you think about **Nightingale News**. We welcome ideas and contributions!

## PLANS FOR EXTENDED OPENING HOURS

**As one of the 7 GP surgeries that together make up the Hackney Downes Primary Care Network (PCN), the Nightingale is currently exploring how opening hours can be extended.**

At the last meeting of the Friends of the Nightingale in June, GP Partner Dr Eleanor Jacob (who is also Clinical Director for the Hackney Downs PCN) explained what are called the 'Extended Access' plans.

Dr Jacob said the core PCN hours to cover will be **6.30pm-8pm on weekdays**, and **9am-5pm on Saturdays**. The PCN must provide 39 hours a week across the whole network.

Early mornings are not included at the moment - although Dr Jacob said mornings are popular and always booked up when they were offered at Nightingale in the past. However, the PCN has done a survey and there is demand for mornings, so they plan to see if they can also get early mornings funded. The Friends commented that early morning appointments would be great for people with young children and people who work. The consistency of knowing these appointments are available daily is so important.



**We are Together Better! Find out more, and meet Beverly (above), on page 3 of this newsletter.**

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The Friends also asked if the extended hours would be face-to-face appointments. Dr Jacob explained that this is not definite – it will maybe be a mixture of both face-to-face and telephone consultations – but it is likely there will be face-to-face GP appointments at these times.

The Friends gave the draft proposal a thumbs up.

We will tell you more about these extended access plans as decisions are made – on the Nightingale website - [www.thenightingalepractice.co.uk](http://www.thenightingalepractice.co.uk) - and through this new newsletter.

## WHY NOT BECOME A FRIEND OF THE NIGHTINGALE?

**The Friends of the Nightingale Practice (which used to be called the Patient Participation Group) is a voluntary group that meets 4 times a year.**

It gives patients the opportunity to talk to practice staff and give feedback, so they can help to improve local services. Anyone can join and everyone is very welcome. The next meeting is on **8 September 2022 (4.30pm-5.30pm)**. You can attend in person at the surgery, or via Zoom. See the [www.thenightingalepractice.co.uk](http://www.thenightingalepractice.co.uk) for details.

## USING THE NHS APP TO ORDER MEDICATION MAY BE EASIER FOR YOU?

Many Nightingale patients go through the practice website to order their repeat prescriptions and feedback on this is generally good. But did you know it's even easier to use the NHS app on your mobile phone or tablet? If you can access the app, why not have a go? There are several advantages. It's quicker, you don't have to remember a password and, if you are on holiday in the UK, the app lets you to order your prescription from any local chemist you nominate.

## HOW WE ARE RESPONDING TO THE CLIMATE EMERGENCY

*The Nightingale has set up a Green Team to look at ways in which the practice can become more environmentally friendly and we now want to recruit a patient rep.*

Did you know the NHS is responsible for 20% of the UK's carbon emissions? And that GPs' surgeries alone are responsible for a quarter of that percentage? Practices across the UK, including the Nightingale, are now asking: *What can we do to improve that situation?*

Ideas being discussed range from simple things – like making sure lights and computers are switched off when not in use and reducing the number of plastic water cups used – to recycling inhalers and moving to a new type of 'greener' inhaler.

Nightingale staff are also being encouraged to think about 'active travel'. This means making journeys by physically active means, like walking or cycling, as opposed to using fuel-powered transport.

**If you are interested in volunteering as a patient rep on the Nightingale's Green Team**, email Jill White via [nelondon.nightingalepractice@nhs.net](mailto:nelondon.nightingalepractice@nhs.net). You must be available on a Monday, between 1.15pm and 2pm, approximately once a month.

Meanwhile, if you have any suggestions about how patients and staff can help our practice minimise its environmental footprint, please let us know.

## HEALTH AND WELLBEING EVENT

An event called 'Improving Healthy Lifestyles' will take place at the Nightingale on Wednesday **13 July**. From 1pm to 3pm, local organisations and individuals, including **Together Better**, social prescribers and a health and wellbeing coach, will be on hand to tell patients within Hackney Downs Primary Care Network what's available to them and, we hope, sign them up. (You can read more about **Together Better** in this newsletter.)

## SUPPORTING FUEL-POOR HOUSEHOLDS

A reminder that the Greater London Authority, supported by NHS England/Improvement, has launched the Warmer Homes Programme to offer advice and financial support for fuel-poor households. Services are free. If you want to know more look at the Nightingale website or ask your doctor if they can refer you. Or self-refer. Call 0300 555 0195 or email [shine@islington.gov.uk](mailto:shine@islington.gov.uk).

## TELL US WHAT YOU THINK

Tell us what you think of the Nightingale Practice. Go to our website and click on the 'Care Opinion' button. Meanwhile, contributions to **Nightingale News** are also welcome. Email Jill White via [nelondon.nightingalepractice@nhs.net](mailto:nelondon.nightingalepractice@nhs.net), write to her at Nightingale Practice, 10 Kenninghall Road, London E5 8BY or leave a message in the suggestion box in the surgery waiting area.



### ACCESSIBILITY – YOUR NEEDS IN MIND

Different people like to get information in different ways. For this reason, **Nightingale News** is sent electronically to those who can access email. It's also on the Nightingale website. But recognising not everyone can access a computer, paper copies are available in the surgery for people to read while they wait. If you'd like a paper copy to take away, please ask at Reception. (We want to be as green as possible, so we will print to order.) Remember also that the Nightingale website offers the ability to translate documents with Google, including **Nightingale News**, into different languages.

# WE ARE 'TOGETHER BETTER' – JOIN US!

In March, a small group of patients met at the Nightingale surgery. They had all responded to a text from the practice, asking if they would like to get more involved with the Nightingale, start a new community project and meet new people.

This was the start of **Together Better** at the Nightingale – a community project that has already had some success at other local practices.

In just a few short months, advised and supported by Community Development Worker **Adam Cross**, a varied **programme of activities** has been organised. Here's what's available so far:

## THE NIGHTINGALE WALKING GROUP

EVERY TUESDAY - 2PM-3.30PM

MEET JUST OUTSIDE THE SURGERY



**Come rain or shine (see above and below) a group of walkers sets off from the Nightingale every Tuesday. These are gentle walks around local parks – you don't have to be very fit!**



**Adam Cross is on the right in the photo above.**

## THE NIGHTINGALE COFFEE MORNING

EVERY THURSDAY - 10.00AM-11.30AM

AT THE NIGHTINGALE SURGERY



**Local volunteer Beverly Francis (above) is a founder member of the Together Better group at the Nightingale. She kindly organises the refreshments at the weekly coffee morning and will make sure you get a warm welcome!**

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The walking group and the Thursday coffee morning are the original core groups and a good way to get an introduction to **Together Better**. Just turn up – to both or either. We'd love to see you.

Below (and over) are the exercise and wellbeing classes we've organised for Nightingale patients so far. **They are held in a back room at the surgery unless otherwise stated.** (The yoga and mindfulness classes are being trialled, but we'll try to organise more if they are popular.)

**Gardening sessions:** every Monday in July and August, 2pm-4pm on the Nightingale Estate (**meet outside the surgery**)

**Tai Chi:** every Thursday, 5.15pm-6.15pm

**Yoga:** every Friday (until 12 August) 10.00am-11.00am

**Introducing Mindfulness:** every Wednesday (until 20 July) 3.30pm-4.30pm.

**Chair-Based Exercise:** we have a variety of classes **every Tuesday, at the Nightingale Luncheon Club** just behind the surgery, at the following times:



**Seated Dance:** 10.30am-11.30am

**Seated Bowls:** 11.30am-12.15pm

**Seated Aerobics:** 12.15pm-1.15pm

**'Boxercise'** - every Thursday, 11am – 12 noon at the **Nightingale Luncheon Club**

**Carers and Adopters' Group:** every Tuesday, 11am-12 noon

**Arts & Crafts:** including card-making, painting and sewing, every Thursday, 11.45am-12.45am

In addition, there are plans underway for a **creative writing group** and a **mother and babies' group**. More news soon on these, we hope.

**Together Better** also organises one-off events- like a **'Bring and Share' community lunch** held in June.



Our Thursday coffee morning has already welcomed **guest speakers**. A 'food coach' talked about healthy eating. We also heard from Caroline (above, left) who led a discussion about cooking on a budget. Here's what's coming up:

**7 July: Debt advice** (Christians Against Poverty)

**11 August: Problems with benefits** (Malcolm and Co Solicitors)

**Everyone is welcome.** Just turn up to your chosen group or activity or, if you would prefer, you can contact Adam first on **07305 617 421** or email him ([Adam.Cross@nhs.net](mailto:Adam.Cross@nhs.net)) to arrange a friendly chat.

**Please note:** dates and times are accurate as of the publication date, but maybe check in with Adam first if you are interested in a specific activity.

## IS TOGETHER BETTER WORKING?

Although we are encouraged by the number of people getting involved at the Nightingale, we have no hard evidence yet. But at nearby Elsdale surgery (where **Together Better** started over a year ago) they ran a survey. They think the results show how beneficial their project has been. 85% of people who responded to the survey said their **WELLBEING HAS IMPROVED!** 89% have met **NEW FRIENDS!** 73% have seen their **PHYSICAL HEALTH IMPROVE!** 83% feel **LESS ISOLATED!** We hope we can do the same, or better, at the Nightingale.

## JOIN OUR HACKNEY DADS' GROUP

**Together Better** has helped set up a group for Hackney dads who live apart from their kids. They want to organise fun activities with the kids, like going to sports events and museum trips. The group also offers support and advice for dads e.g. on access issues and the family courts system. **Contact Richard (07305 786174)** to find out more.

## OUR CARERS AND ADOPTERS' GROUP

**Are you a carer or adoptive parent?** Come to our Carers and Adopters' Group, held every Tuesday from 11am – 12 noon at the Nightingale to meet others, share your experiences and get advice.

## WEEKLY FOOD SHOP FOR JUST £4!

Stokey Community Food Shop opens on Tuesdays (noon to 2.30pm) at the Catholic Church of Our Lady of Good Counsel, 24, Bouverie Road, Stoke Newington N16 0AJ. Choose from a range of foods for the affordable price of just £4. **Please bring your own bags and cash for your £4 donation.**

## BAGS OF TASTE

Need to save money on food bills? A project called 'Bags of Taste' says you can cook great food for 50p a portion and offers to teach you how. It's free and you cook at home, after the ingredients for a trial meal are delivered to you. To find out more, register now by calling or texting 07788 651 042. Or email [hackney@bagsoftaste.org](mailto:hackney@bagsoftaste.org).