

Nightingale News

SPRING HAS SPRUNG!

Welcome to your spring 2023 edition of **Nightingale News** - the newsletter for both patients and staff at the **Nightingale Practice**.

In this edition, we focus on what we can do to get fitter, happier and healthier – so, if those brave New Year resolutions we all make have fallen by the wayside, there may be some ideas and inspiration here for how to reboot and start again.

SPRING INTO BETTER HEALTH IN 2023

When the residents of Hackney Downs were surveyed recently, they chose 'Healthy lifestyles - nutrition and exercise' as a priority to focus on. So, what are we doing about this at the Nightingale?

As many of you know, we organised a successful 'improving healthy lifestyles' event last summer outside the surgery. We were absolutely delighted by the response – from our patients and from the many local organisations who took part. While they munched on healthy snacks that were provided, people were invited to sign up to various healthy and helpful initiatives. One example was **Bags of Taste** – see details on page 5.

Other people signed up for weight management support with **Better Healthier Together**. Remember, it's never too late to sign up. To find out more, go to www.better.org.uk/self-referral.

Lots of wonderful local organisations took part but, if you missed the event, don't worry. You can still be linked up with groups suitable for your needs by making an appointment with a **Social Prescriber** at the Nightingale.

A Social Prescriber can support you through many issues such as social problems, loneliness, isolation or support with a long-term medical condition.



They can also help you join in local activities, like those organised by **Together Better**. Go to our website [www.thenightingalepractice.co.uk], click on the blue 'Health Advice' button and then click on 'Social Prescribing' to find out more.

Also, as you may have read in the last edition of **Nightingale News**, we now have a **Health & Wellbeing Coach** at the surgery. Her name is Alea Ismail. If you would like to talk to Alea, you can refer yourself or ask your GP, healthcare worker or Nightingale Reception to book you in. Or you can email Alea at alea.ismail@nhs.net.

This year, we will also be running an exciting new **Healthy Lifestyles group** at the Nightingale, to help people get started on their healthy lifestyle journeys. This will be a midweek group at the practice and all are welcome. Ask your GP or at Reception about signing up for the health and wellbeing/healthy lifestyles group.

And finally, remember that there are plenty of ways to get fitter in Hackney - even if you only take a walk around some of our wonderful parks and open spaces. For more ideas, you could also check out **Better** – see further details on page 5.

TRANSGENDER TRAINING FOR NIGHTINGALE STAFF



The staff at the Nightingale practice have some training coming up with the specialist Trans advocacy and campaigning organisation, **Transactual** [www.transactual.org.uk].

This training is being offered because national research tells us that Trans people often have their specific needs ignored or not taken into account when they access healthcare services - or they are subjected to inappropriate or harmful questions and comments. For this reason, we know many Trans people avoid health care, for fear of discrimination or intolerant reactions.

We want to do better for Trans people in the Hackney Downs neighbourhood. This new training will be delivered over the next couple of months. It aims to improve staff knowledge, understanding and attitudes, so we can better serve our Trans residents.

Image above by Kat Love from Pixabay

NEED HELP READING OUR WEBSITE? NO PROBLEM!

As you may have seen, we have added something called the **ReachDeck Toolbar** to our Nightingale website: www.thenightingalepractice.co.uk.

If you struggle with reading, have a visual impairment, or if you prefer to read in your own language, the ReachDeck Toolbar will be able to help you by reading and translating the content on our website. Its features include:

- Text-to-speech: click on or select any text to hear it read aloud

- Translation: translate content into more than 100 languages
- Text magnification: enlarge text and hear it read aloud
- MP3 generation: convert selected text into an MP3 audio file
- Screen mask: reduce glare with a tinted mask
- Web page simplifier: remove clutter from the screen and display only the main text
- Picture dictionary: displays pictures related to text selected on the page.

TRY IT OUT FOR YOURSELF

Click on the orange 'speak' button you can see in the header of all our website pages [edit to suit your integration]. This will launch the ReachDeck Toolbar. You'll see it dock to the top of your screen. Now click on the first 'pointed finger' icon on that toolbar and hover your mouse pointer over any text on our site to hear it read out loud.

NEED SUPPORT?

There are lots of useful articles about ReachDeck on <https://support.texthelp.com/help/reachdeck> - Texthelp's dedicated support site.

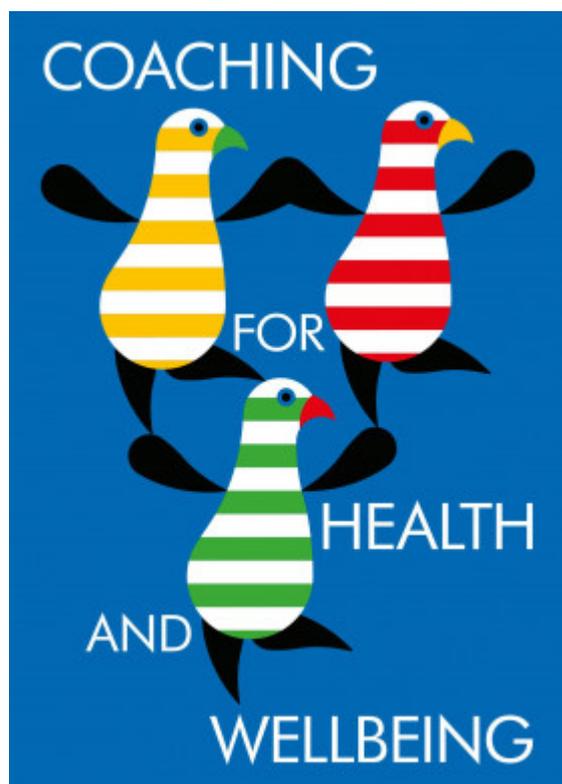
Meanwhile, our IT Lead at the Nightingale, Nasir Ali has met with a member of the Friends of the Nightingale group, aiming to improve the website for patients with sight difficulties. We've changed the home page photo and we aim to make the site even better in the future.

FRIENDS OF THE NIGHTINGALE

All patients, family members and carers are welcome to attend meetings of the Friends of the Nightingale. You can attend in person at the surgery, or via Zoom.

Scroll down the Nightingale website home page [www.thenightingalepractice.co.uk] and click on 'Friends of the Nightingale' for more information, or just ask at Reception.

HEALTH & WELLBEING COACHING – CAN I GET SOME OF THAT?



Health & Wellbeing Coaches work 'alongside' people who need additional support with their health.

This may be someone who is: struggling to adapt their lifestyle to cope with a long-term condition; at risk of developing a long-term condition; concerned about recent health test results; managing chronic pain; living with depression and anxiety and/or dealing with weight management issues.

Health & Wellbeing Coach support takes into account the wider issues that may be having a negative impact on a person's health.

This may mean supporting people to access support with income, housing and social isolation. They support people to set goals to increase knowledge, skills, confidence to: take an active role in their health and wellbeing; engage with community resources; access information to better understand health conditions; find advice or guidance for practical day-to-day issues and/or meet others with similar experiences for mutual support.

REFERRAL TO A HEALTH & WELLBEING COACH – HOW IT WORKS

Health & Wellbeing Coaches offer support to people face-to-face at surgeries, by phone or via a computer screen. If you are registered with a GP in City & Hackney and over the age of 18, you can refer yourself, or ask your GP, healthcare professional or support worker to refer you.

If you are not sure if the service can help you, you can ask for a call back for a chat, to find the right support for you. Call **020 3559 9234** or you can email referrals@shoreditchtrust.org.uk.

Health or social care professionals referring a patient or a client to a Health & Wellbeing Coach should note the following are available to you:

- Direct booking through EMIS
- Referral directly using the Health & Wellbeing Coach NHS email
- Referral via referrals@shoreditchtrust.org.uk
- Referral by phone directly to a Health & Wellbeing Coach.

UNDERSTANDING WHAT PEOPLE DO

Sharp-eyed readers will notice we've used a couple of job descriptions in this newsletter. They both describe professionals whose role involves supporting people with their health and wellbeing – but what is the difference between them?

A SOCIAL PRESCRIBER – connects people to community groups, activities and statutory services for practical, social and emotional support to address health issues.

A HEALTH & WELLBEING COACH - supports people with lifestyle changes and the self-management of health conditions eg diabetes.

In addition, there are:

WELLBEING PRACTITIONERS who work longer-term alongside people facing multiple, complex, and/or long-standing challenges.

OCCUPATIONAL THERAPISTS (often called OTs) who work with people who have physical and/or mental health needs that are impacting on their daily lives and who, therefore, need some extra support.

WE ARE 'TOGETHER BETTER' – JOIN US!



TOGETHER BETTER AT THE NIGHTINGALE IS ONE YEAR OLD THIS MONTH. JUST LOOK HOW FAR WE'VE COME!

Together Better is a community project aimed at bringing people together to enjoy each other's company and a wide variety of social events and activities. The choice of activities is largely driven by the local residents themselves. At the Nightingale, so far, they have included everything from the quirky 'boxercise' and 'laughter yoga' to the more traditional pastimes of sewing, crafting, walking in our local parks and cooking.

Together Better also runs at other practices across Hackney and the positive effect it is having on people's health and in combatting low mood and loneliness is good to see. At Elsdale surgery they ran a survey about Together Better. 85% of the people who responded to the survey said their wellbeing had improved because of Together Better. 89% said they had met new friends. 73% thought their physical health had improved and 83% said they felt less isolated.

We haven't done a formal survey about Together Better at the Nightingale yet, but the informal feedback is very positive. Here's what some Nightingale regulars have said:

"It's an opportunity to meet people. It's good to get out. It stops you thinking about your own troubles when you listen to other people. And that's good for your health."

"Together Better has helped take away my stress and pain. It's good for everyone. We laugh and smile, and eat and drink together. I am so, so happy here."

"We've all got things at home we like to get away from once in a while, and forget about for a couple of hours. This is a good place to come."

"I was miserable when I retired. I missed my work friends and I didn't feel useful anymore. Together Better gave me a purpose and I met new friends. I now help produce the Nightingale's newsletter. I was also tipped off about a part-time job at the Homerton Healthcare Trust – which I applied for and got. I'd never even have known about it, if it hadn't been for Together Better!"

"Together Better has been an opportunity for me to learn about other people's lives and culture. For example, we talk about cooking, different foods and traditions. It's really interesting."

"I enjoy trying new things, like mindfulness and laughing yoga. You can have a go but nobody minds if you find out it's not for you. There are lots of other activities to try."

GOODBYE TO OUR DEAR FRIEND ADAM



We are sad to report we are saying goodbye to **Adam Cross**, our Together Better coordinator at the Nightingale. Adam will be leaving us in April.

But although we are all very sorry to see him go, he has exciting times ahead. Adam explains:

“I’ve got an opportunity to do some research abroad - in Colombia - for my masters’ degree thesis, which I felt I couldn’t turn down. I’ve absolutely loved working with all of you. It has been amazing seeing all of our groups grow and spread some positivity, so thanks for all your support so far.

“But here’s some positive news: Together Better has been approved for another 15 months of funding up until summer 2024, so someone will take on my role once I’m gone and all of our projects will carry on as usual.”

Nightingale Practice Manager Jill White says: “We will all miss Adam. The team here has really enjoyed working with him, but we understand why he is leaving and we wish him well with his academic studies. We are very grateful for his hard work that has made Together Better at the Nightingale as successful as it is today – and we look forward to welcoming his successor.”

After Adam has gone, our Together Better volunteers will still be in place and our activities should carry on as normal. As soon as we know who will replace Adam, we will let you know.

BAGS OF TASTE

Bags of Taste deliver **FREE** recipe kits and show you how to cook the recipe at home, in your own time. You’ll learn how to make quick, tasty, healthy meals costing less than £1 per person. Bags of Taste is suitable for beginners and for more advanced cooks. Contact: hackney@bagsoftaste.org or text 07788 651042 for more information.

‘BETTER’ - FOR BETTER HEALTH

Better is a charitable social enterprise offering leisure centres, libraries, swimming pools, gyms, spas, pitches, performing arts facilities and other community spaces. Their aim is to get more people, more active, more often. They promote healthy and active lifestyles, giving communities access to facilities that help improve their health and happiness through participation in activities. Find out more on www.better.org.uk.

WHY NOT SPRING INTO THE OPEN AIR WITH OUR COMMUNITY GARDENERS?

ON FRIDAYS AND ON MONDAYS, COME RAIN OR SHINE, A BAND OF ENTHUSIASTS GATHERS IN THE COMMUNITY GARDEN THAT LIES BEHIND THE HOARDINGS IN THE MIDDLE OF THE NIGHTINGALE ESTATE.

This 'meanwhile' or temporary garden sits on concrete inside the hoardings. The land will one day be used for flats and the garden will be moved but “I was on the Estate Regeneration Committee,” says local resident Les. “When I heard it would take years before building work could start, I suggested the empty space be turned into a community garden. The Council agreed!”



Thanks to the hard work of volunteers plus charitable help, both financial and practical, a space for growing and learning about growing plants has emerged. At this time of year, there isn’t much to see – but cheerful yellow daffodils are beginning to come through. One of the founder gardeners, David, has had the idea of planting spring bulbs in individual pots. When they start to grow, they will be distributed to housebound people in the area – and each pot will have a picture of the garden on it.

Another project is the creation of a wooden frame exactly the same size as the balconies of the tower block that overlooks the garden. As Les explains, he will use the frame to demonstrate to local people what can be done and what can grow successfully on a small balcony. It's a brilliant idea!

If you want to drop by the garden, please do so – Friday and/or Monday, 10.30am-12.00pm.



Here's Teddy – the garden's resident dog

TOGETHER BETTER – WHAT'S GOING ON THIS SPRING?

Together Better Coordinator Adam Cross says: "We've had a great start to the year with fun activities, including our new Laughter Yoga sessions. We've also had lots of new people join our group, which is lovely. And we have Indoor Aerobics Workouts starting in March - let me know if you're interested."

HERE'S A LIST OF WHAT'S GOING ON:

Gardening Group: Mondays & Fridays 10.30pm – 12.00pm @ Nightingale Estate Community Garden

Laughter Yoga: Mondays 11.00am – 12.30pm @ Nightingale Lunch Club

Sewing Group: Mondays 2.30pm – 4.00pm @ Nightingale GP Practice

NEW Indoor Aerobics Workouts: Tuesdays 10.30am – 11.30pm @ Nightingale GP Practice (exact start date to be confirmed)

Seated Exercise: Tuesdays 11.30am – 1.15pm @ Nightingale Luncheon Club



Walking with other people is a great incentive!

Walking Group: Tuesdays 2.00pm – 3.00pm @ Meet outside Nightingale GP Practice

Coffee Morning: Thursdays 10.00am – 11.30pm @ Nightingale GP Practice

Arts and Crafts Sessions: Thursdays 11.45 – 12.45 @ Nightingale GP Practice

Boxercise Classes: Thursdays 11.00am – 12.00pm @ Nightingale Luncheon Club

Tai Chi Sessions: Thursdays 5.30pm – 6.30pm @ Nightingale GP Practice.



There's always a warm welcome on Thursdays, at the coffee morning at the Nightingale surgery.

GIVE US YOUR VIEWS

Tell us what you think of the Nightingale Practice. On our website, click 'Suggestions, Comments and Complaints' and then click on the 'Care Opinion' button in the page heading. Contributions to **Nightingale News** are also welcome. Email Jill White via nelondon.nightingalepractice@nhs.net or leave a letter for Jill in Reception.