

# NIGHTINGALES PCN

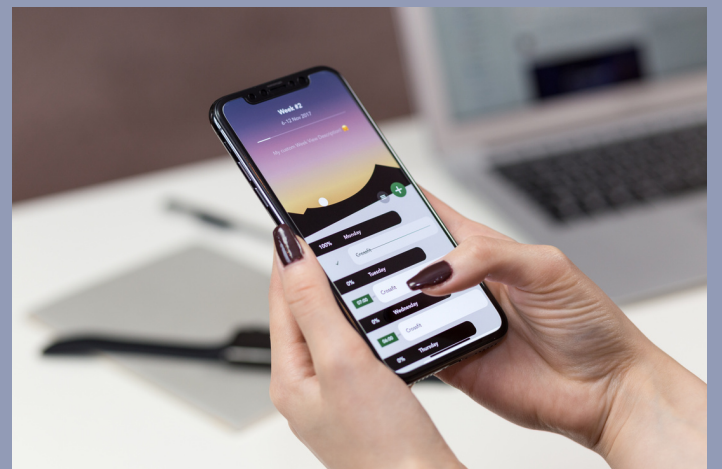


Issue 2  
Winter 2023

## NHS APP

The NHS App allows you to access a range of NHS services:-

- order repeat prescriptions and nominate a pharmacy where you would like to collect them
- book and manage appointments
- view your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
- book and manage coronavirus (COVID-19) vaccinations
- register your organ donation decision
- choose how the NHS uses your data
- view your NHS number ([find out what your NHS number is](#))
- use NHS 111 online to answer questions and get instant advice or medical help near you



To find out more go to [www.nhs.uk/nhs-app](http://www.nhs.uk/nhs-app)

## PHYSICAL ACTIVITY GUIDELINES FOR OLDER ADULTS

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke.

Speak to a GP first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

Adults aged 65 and over should:

- aim to be physically active every day, even if it's just light activity
- do activities that improve strength, balance and flexibility on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both
- reduce time spent sitting or lying down and break up long periods of not moving with some activity
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If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet.

For more information, go to <https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-older-adults/>



## REDDITCH WALKERS FRIDAY 8 DECEMBER 2023

Get some gentle exercise with accessible walks led by our volunteers around the town centre. Meeting every fortnight with refreshments afterwards.

Free of charge, refreshments available for £1 donation

15 Market Place  
Redditch  
B98 8AR  
United Kingdom

**Event email contact**  
[relib@worcestershire.gov.uk](mailto:relib@worcestershire.gov.uk)

**Event phone contact**  
[01905 822722](tel:01905822722)



## NATIONAL GRIEF AWARENESS WEEK 2 – 8 DECEMBER 2023

National Grief Awareness Week is a compassionate and important observance dedicated to raising awareness about grief, providing support to those who are grieving, and fostering a better understanding of the grieving process. It acknowledges that grief is a natural response to loss and aims to break the stigma. The Good Grief Trust is run by the bereaved for the bereaved.

[The Good Grief Trust](#)



## WORCESTER ASSOCIATION OF CARERS (WAC)

**THE HOME OF SUPPORT FOR ALL UNPAID CARERS IN  
AND AROUND WORCESTERSHIRE**

WAC is a registered charity providing a range of information, advice and support to carers. The charity was founded by a group of carers in 1997 with the aim of being an organisation run by carers for carers. By a carer we mean anyone who provides any of the following unpaid support to a relative, partner or friend who is ill, frail, disabled or has mental ill-health or substance misuse problems.

To find out more about what WAC has to offer carers and see what events are on, [click here](#)



## PATIENT PARTICIPATION GROUP

We are looking for more patients to join our Nightingales Primary Care Network Patient Participation Group (PPG). A PPG is a group of patients, carers and GP practice staff who meet to discuss any issues/concerns and patient experience to help improve our services

If you are interested in becoming a member of the PCN Patient Participation Group (PPG), or finding out more. Please contact [fiona.proudley@nhs.net](mailto:fiona.proudley@nhs.net)



For lots of useful information that's updated regularly, follow us on Facebook at

<https://www.facebook.com/nightingalespcn/>

