**Some thoughts about growing old**

**Patient participation group newsletter**

A poem by Sally Cockburn

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| --- | --- |
| Memory lets you down  you can’t remember “so and so’s” name,  you lose your glasses  and put things in a safe place  for fear of losing them and then  You can’t remember the safe place,  you fall asleep in front of the telly  and wake up not knowing  what day it is or where you are?  You’ve heard it all before somewhere?  of course: your parents chanted  the same litany but, unsympathetic  you only half listened | Now you ruefully understand  what they were going on about!  you regretfully admit you’ve lost  Your sex appeal, bikinis have gone for good  and you can no longer stride confidently  in high heeled shoes  you worry about a future  without you  who will treasure the things I have treasured?  My mother’s paintings,  my father’s sculptures,  letters, diaries and photos  will all end up in a skip one day  I don’t like that thought  and nor do I like that insistent line  from a Shakespeare sonnet:  “I wasted time and now doth time waste me” |

**John**

**PPG Member**

**Review of the Birmingham 'Boots' Walk-in Centre**

In order to ensure that healthcare in Birmingham and Solihull continues to meet the needs of the population, NHS Birmingham and Solihull Clinical Commissioning Group (CCG) regularly analyse data and usage of different services.

The ‘Boots’ Walk-in Centre, located in Birmingham City Centre is a well used facility, and the CCG want to hear directly from local people what their views are of the service including; what they like, what could be improved and why they choose the centre over other options.

In order to hear these views the review period is running until 31st March 2020, you can get involved in a number of ways:

* Online survey - [**www.birminghamandsolihullccg.nhs.uk/get-involved/consultations-surveys-and-events**](http://www.birminghamandsolihullccg.nhs.uk/get-involved/consultations-surveys-and-events)
* Paper survey - available upon request or at reception at Boots Walk-in Centre, [Lower Ground Floor, 66 High Street, Birmingham, B4 7TA](http://maps.google.com/?saddr=Current%20Location&daddr=Lower%20Ground%20Floor,%20Boots%2066%20High%20Street%20Birmingham%20B4%207TA)
* Send an email to - [**bsol.comms@nhs.net**](mailto:bsol.comms@nhs.net)
* Send a letter to Communications Team – Boots review, 1st floor, Wesleyan, Colmore Circus, Birmingham, B4 6AR
* Attend a drop-in session at Boots Walk-in Centre on:-

**Saturday 7th March 2020:** 10am - 11.30am **Monday 9th March 2020:** 10am - 11.30am

**Tuesday 17th March 2020:** 9am - 10am **Thursday 26th March 2020:** 10am - 11am

* Call Birmingham and Solihull Clinical Commissioning Group 0121 203 3341

Please share this opportunity with your families, friends and networks. **Source**: NHS Birmingham and Solihull CCG

**Marie**

PPG Members

**Patient Participation Group Meeting on**:- Wednesday 18th March 2020 at 5.15pm, contact Lorraine/Steve for further details on **0121 622 4846**

**March Healthawares**

**National Bed Month**

1st – 31st March 2020

Throughout March it’s National Bed Month, time for a lie-in before learning about the importance of a good night’s sleep!

Organised by The Sleep Council, the month aims to remind us all of why a sound sleep is good for our health.

See the website for comprehensive resource of advice, tips and information about all aspects of sleep and various sleep disorders to help you achieve a better night’s sleep. [**sleepcouncil.org.uk**](https://sleepcouncil.org.uk)

**Eating Disorders Awareness Week**

2nd – 8th March 2020

Eating Disorders Awareness Week is an international awareness event, fighting the myths and misunderstandings that surround anorexia, bulimia, binge eating disorder and EDNOS.

Find out more about fundraising, resources available and support.

**www.beateatingdisorders.org.uk**

**Birmingham Arthritis Action Group**

Monday 9th March 2020 from 6pm – 8pm at

St Luke's Church Centre  
Great Colmore Street  
Birmingham, B15 2AT

The group will be joined by joined by an Acupuncturist and Arthritis Action Associated Practitioner who will be talking about acupuncture.

The event will provide an opportunity to meet others living in your area with arthritis, share hints and tips and let us know what you would like to gain from the Self-Management Approach. Please note, a voluntary contribution of £2 is requested to cover the cost of tea and coffee.

Please call **02037 81712 or email:**[**info@arthritisaction.org.uk**](mailto:info@arthritisaction.org.uk)

**Dealing with loneliness the secret to not being alone**

Wednesday 11th March 2020 from 7pm – 9pm at

The Red Lion

1672 High Street

Knowle, B93 0LY, cost £10

Loneliness is one of the most common, if unpleasant emotions that millions of people experience. For others, it’s a recurring sense of desperation and sadness. But for all of us, it is part of being human. This workshop will show you ways to "How to Deal with Loneliness:" So Never Feel Lonely Again

We meet in the upstairs function room of the pub, if you have trouble finding us please contact 07455757144.

# Dementia Friends Information Session

Tuesday 24th March 2020 from 2pm – 3pm

Kingston House, 2F Boardroom

450 High Street

West Bromwich, B70 9LD

During this friendly and interactive session you will increase your understanding of dementia and think about the small things that you can do to make a difference to people affected by dementia in your community. Led by a volunteer Dementia Friends Champion, the session lasts 60 minutes and covers five key messages that everyone should know about dementia, through activities and discussion.

There will be three sessions before the end of 2020 that you can attend. Please see the website to book your place: **dementia-friends-information**

**Wear A Hat Day**

Friday 27th March 2020

Wear A Hat Day is one of the UK’s biggest and most important brain tumour research fundraising and awareness-raising days. Join thousands of people across the UK and organise your own amazing event. Your support will help us get closer to a cure for brain tumours.

[**www.braintumourresearch.org**](http://www.braintumourresearch.org)

If you know of local/national health events in and around the city, please leave details with Reception. This issue’s healthawares have been sourced by:-

**Satya**

PPG Member