

Quote of the Month: "I'm deeply passionate about creating peace and wellbeing". Goldie Hawn

We Need Your Help!



For the last four months volunteers from the PPG have been the core part of a pilot programme across Hertfordshire to support the **social health and wellbeing** of a Surgery's patients. Whilst the Maltings Doctors and Nurses meet our **medical** needs, the Maltings Wellbeing Team support our **social needs** as well. And now, following a grant from the District Council, we're ready to scale the programme to its next phase.

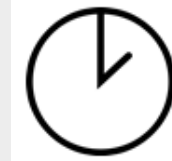


Do You Know Anyone?

Our **social health** has an impact on our **medical** health; and we need to treat them both! Until now, referrals to the Maltings Wellbeing Team were through the Surgery; but this grant means that we are now able to accept **self referrals**. So if you know someone who needs help, for example:-

- **Support to stay independent** – there are times when a little help would be invaluable.
- **A healthier lifestyle** – turning good intentions into actions!
- **Emotional support** – we often need help from time to time.
- **Advice on benefits and debts** – there's no "magic tree" but there are options.
- **Help to stay safe at home** – security is really important to us.
- **Support dealing with a problem**, and
- **Help with family concerns** – there are a number of organisations that can help.

If you know someone that could benefit from this service, all you have to do is contact Reception and they can make it happen.



Can You Spare A Little Time?

We have a strong team of volunteers – but we need more people now that we are scaling up the programme! So if you could spare just a few hours every so often we would welcome you to the team.

All of our current volunteers have found it a really rewarding programme and we have now worked out a great way to scale the programme – it's referred to as **shadowing**.

All new volunteers will take part in a short training session to familiarise them with the process; after that, they will shadow an existing volunteer in order to see how the process is applied in practice; and they will only "go solo" when they are ready to do so.

The Wellbeing Team sessions are each 3 hours and take place on Wednesdays and Fridays. So you are welcome to do as many (or as few) as you are able – there's no need to make a specific commitment, and the whole process is extremely rewarding. Just tell Reception, or send me an e-mail at abellinger@gmail.com and I'll take care of the rest!



Next Meeting – WED SEPT 6th at the Surgery

It lasts from 7:00 – 8:30 pm and is open to all – do try and come along if you possibly can!