



Quote of the Month: "Knowledge comes but wisdom lingers" – Calvin Coolidge



Love is in the Air!

Valentine's Day, in the middle of lockdown, will be very different this year. The schools may well stay shut this month but the Surgery has placed our wellbeing at the top of our agenda (see our top Feature!)

	<p>Practice News</p> <p>We welcome Dr Michael Chipparone to the Maltings. He told us "I am delighted to become a member of Team Maltings. I began working as a locum GP at the surgery shortly after gaining my MRCGP in August 2020.</p> <p>I am originally from Canada, where I resided until 2011. I am pleased to call St Albans home after moving to the city from London in December. I look forward to meeting you all."</p>	<p>Features of the Month</p> <p>Your Wellness in Lockdown Use the time to improve your health</p>  <p>One of our Maltings GPs, Dr Akinwale and our Health Coach Becky McQueen are introducing a free Lifestyle Medicine project called 'Happy Healthy Me'.</p> <p>This has been a terrible year for us all with much upheaval, loss and uncertainty. When people feel like this, they typically turn to less healthy habits to try and ease the burden/stress, which then in the longer term leads to long term illness.</p> <p>This 7-week programme covers various lifestyle related topics like nutrition and exercise, rest, sleep and gratitude and connection; it is a virtual programme with a mixture of in-person coaching and videos in groups of about 10 with Becky and me.</p> <p>For more information go to https://www.youtube.com/watch?v=ebri_cxrcl0&feature=youtu.be</p>
	<p>Health Matters Webinar Programme</p> <p>Our Health Matters programme is on hold at the moment as the Consultants giving them are so busy dealing with Covid issues where they practise. All sessions will be re-scheduled. But if you want to hear the recordings of the first two recordings the links are on the website https://www.maltingssurgery.co.uk/the-maltings-health-matters-programme/</p>	 <p>When will I get my Covid vaccine? It largely depends on vaccine availability!</p>
	<p>Watch out for Covid Scams</p> <p>Some of our patients report they have been hit by Covid scams – promising access to the Vaccination programme. Remember the NHS will never ask for your personal details when trying to contact you.</p>	<p>The programme at Batchwood Hall is running well; the collaboration between all St Albans Practices, with the support of volunteers, has resulted in an extremely effective and safe programme – apart from the loss of wi-fi one day!</p>
	<p>Next PPG Meeting – MAR 3rd; Everyone is Welcome</p> <p>We will hold future PPG meetings by Zoom – to get your invite just e-mail abellinger@gmail.com</p>	<p>The Surgery will contact you when it's your turn, and you simply select a day and time that meets your needs.</p> <p>From personal experience, it's quite quick and socially distanced; but one tip – take a book! You have to wait 15 minutes at the end to ensure you don't get a bad reaction – and it can be boring looking at the floor!</p>
	<p>Finding it Difficult to get to Batchwood Hall?</p> <p>The NHS Patient Transport Service will now take people who don't have their own transport to Batchwood Hall. Just call 0300 790 6254 (Monday-Saturday, 9am-5pm), when you have confirmed your appointment.</p>	

For further information contact abellinger@gmail.com

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