



Quote of the Month: "Yesterday is not ours to recover; but tomorrow is ours to win or lose!" – Lyndon B. Johnson



### Is it really Spring?

It's Meteorological Spring, the flowers are starting to react to these lovely sunny days and our exercise routines are so much better than they have been in the winter! But our wellness isn't just dependent on exercise (see this month's feature!).

	<p><b>Our Local Hospitals</b></p> <p>The plan for our local hospitals is now well advanced and Maltings patients are to get a full update this month in an online webinar. Watch out for the text announcing the dates.</p>	<p style="text-align: center;"><b>Features of the Month</b></p> <p style="text-align: center;"><b>Your Wellness in Lockdown</b> Use the time to improve your health</p>  <p>In February our Health Matters webinar was on wellness. It was given by Dr Leila Akinwale and the Maltings Health Coach Becky McQueen. They shared easy to implement tools such as the happiness framework and natural pleasures about how we can shift our perception and the way we feel anytime, any place.</p> <p>The webinar was an introduction to the exciting new seven week pilot online program coming up called 'Happy Healthy Me'. Over the seven weeks Dr Akinwale and Becky will introduce us to a toolkit of what they call natural pleasures. Things you can do, changes you can make that will give you a personal power boost in being proactive in your own wellbeing.</p> <p>The course is delivered via live sessions as well as video education with tasks and goals a primary focus to help your progress. If you are interested in learning and having the support to put these things in to practice then register your interest by emailing <a href="mailto:lifestylemedicine.herts@nhs.net">lifestylemedicine.herts@nhs.net</a></p> <p>Subjects covered include</p> <ul style="list-style-type: none"> <li>• Nutrition and Hydration, Movement,</li> <li>• Achievement, Purpose, Values,</li> <li>• Relationships, Cleanliness and Connection,</li> <li>• Gratitude</li> </ul> <p>We will learn, grow and support each other, on our own health and happiness journeys.</p> <p>Health and happiness are not an accident – Leila and Becky have vast experience of working with people to bring them health and happiness.</p> <p>The link to the webinar can be found here <a href="https://www.maltingssurgery.co.uk/the-maltings-health-matters-programme-2/">https://www.maltingssurgery.co.uk/the-maltings-health-matters-programme-2/</a></p>
	<p><b>Health Matters Webinar Programme</b></p> <p>Our Health Matters programme is coming off hold very soon! Our next webinar will be announced very soon and it should take place before Easter. Keep an eye out for the text and follow this page <a href="https://www.maltingssurgery.co.uk/the-maltings-health-matters-programme/">https://www.maltingssurgery.co.uk/the-maltings-health-matters-programme/</a></p>	
	<p><b>Next PPG Meeting – MAY 3rd; Everyone is Welcome</b></p> <p>We are now holding our PPG meetings by Zoom and all patients are invited. Our next meeting is on May 3<sup>rd</sup> and for all the details go to <a href="https://www.maltingssurgery.co.uk/patient-group/">https://www.maltingssurgery.co.uk/patient-group/</a></p> <p>For any information on the PPG contact the Chair – Alan Bellinger <a href="mailto:abellinger@gmail.com">abellinger@gmail.com</a></p>	
	<p><b>When will I get my Vaccine?</b></p> <p>The programme at Batchwood Hall is running well and they are now well into the 60-69 group as well as the over 16 with underlying health conditions group. This cohort should receive their jabs by mid April.</p> <p>If you think you're due the vaccine and haven't been contacted yet go to <a href="https://www.england.nhs.uk/2021/02/call-for-people-aged-70-and-over-to-contact-nhs-for-a-covid-jab/">https://www.england.nhs.uk/2021/02/call-for-people-aged-70-and-over-to-contact-nhs-for-a-covid-jab/</a></p>	

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