

8th September 2022

PCN WELLBEING FACEBOOK GROUP

Keep your patients updated with local groups, events and activities and helping organisations.

Please promote the [PCN's Wellbeing Facebook Page](#)

PCN EVENTS

Keep your patients updated with local groups, events and activities within the PCN which includes our PCN wellbeing hub, PCN low carb programme activities and events from the low carb community. [Read more for extra details on the PCN Events page](#)

PCN PARK RUN (OR WALK) GROUP

Free 'wonder drug' for mental and physical health (exercise, fresh air and social contact combined!). The PCN Parkrun (or walk) Group meets at 8:30am each Saturday at Markshall Estate. A PCN coach is usually in attendance as tail walker for those only able to complete one lap of the 5k course (walking is fine). Meet us by the picnic tables outside the coffee shop, newcomers at all fitness levels welcome (but not suitable for wheelchair users unfortunately). Please sign up for your barcode before you come along. Practice staff also very welcome! [Link to direct patients to](#) (or book them in with the coaching (low carb) team if they want an initial chat.

PCN WELLBEING HUB

Patients with social isolation? Who want to drop in to meet their Social Prescriber or Health and Wellbeing Coach? Please signpost your patients to our PCN Wellbeing Hub on the 2nd and 4th Tuesday of each month at Earls Colne Recreation Club. [Read more and get a link to promote to your patients](#)



Colne Valley Wellbeing
Hub



NOTE

Please note when referring to Social Prescriber Teresa Sparks to task her on the Colne Valley PCN SystemOne.

Teresa will be on AL from 5th Sept 2022 and will be back on 19th Sept 2022

COST OF LIVING BOOKLET

[Here is a booklet made by the PCN Wellbeing team. Feel free to share with your patients](#)

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PCN LOW CARB PROGRAMME

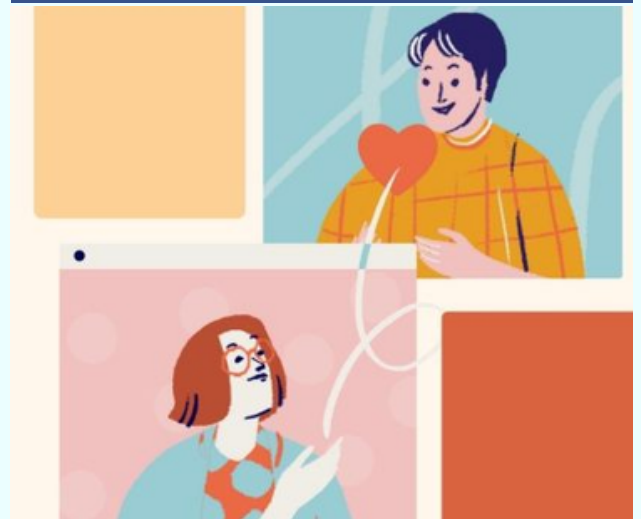
Help your patients lose weight, reduce their medication and put their type 2 diabetes/pre-diabetes into remission. New coach facilitated low carb group runs on the 2nd and 4th Monday of each month. Online meetings 18:00 to 19:00. These group sessions complement the existing low carb programme, offering additional support to patients. Refer in the usual way (remote book to the Colne Valley PCN or task Sharon Withnell or Halima Khanom on the Colne Valley PCN S1)

[Read more and get a link to promote to your patients](#)

PCN FOOD ADDICTION SUPPORT GROUP

Support for your patients struggling with their relationship with food and compulsive eating. The new PCN Food Addiction Support Group meets online at 18:00 on the 1st and 3rd Tuesday of the month. Available to anyone aged 18 or over living in the Colne Valley PCN area who struggles with their relationship with food.

[Read more and get a link to promote to your patients](#)



COMMUNITY360 WALKS

Improve your patients' health by getting them walking at the local Community 360 walks 'Finding Your Feet'.

[Read more and see other events available for your patients](#)



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ACTIVE ESSEX

Find Your Active from Active Essex, allows you to discover what physical activity and sport opportunities are available near you. So, whether you are wanting to join a new group, try out a new class or see what sessions are available, [click the here and see what is available near you.](#)



FRONTLINE BUDDY

FrontlineBuddy is a team mindset- this means that it is a way that we can choose to think about how we work in and behave in a team or organisation. Ideally, we would all be seeing teamwork from the same perspective. At FrontlineBuddy we believe that when we are working in a team or a group we should all hold the Buddy principles as standard. Particularly in crisis though in no way limited to this. We believe these are basic shared principles that all people at all levels in organisation can uphold. For the well-being of all.

They also offer "Buddy Chats" - it is a safe space for people to share experiences, hints, tips, ideas and generally to feel part of a community. They also hold menopause groups - next session is Tuesday 20th September 12.30-1.30pm

[Click here to join via Teams.](#)

HEADSUP

Headsup have capacity across Essex, Southend and Thurrock for new participants to join their employment support programme. Please do refer anyone you know who might benefit from their support. Drop them an email; headsup@enableeast.org.uk or visit www.enableeast.org.uk/headsup and you'll find a direct referral button there.

Whilst they are entering into the last 6 months of our delivery, they have plenty of capacity to continue to support people referred to them over the coming months – so please do keep on doing so!

They have in place a 10-week programme to ensure that they continue to provide appropriate wellbeing support for all participants along with practical employability skills. This approach ensures that all participants who engage with Headsup complete the cycle of support on offer.



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making improvements **actually** happen



FrontlineBuddy