

Welcome to "PPG News". A monthly newsletter to update you on work at the CCG and to provide the opportunity for PPG's to share their news and successes in our PPG "members blog" section.

## Health Coaching Training

There is some free health training on offer which might be of interest to yourselves and fellow PPG members.

The training is spread over two days and is being held at the West Suffolk Hospital Education Centre, Hardwick Lane, Bury Saint Edmunds, IP33 2QZ.



Course dates are:

- Wed 7<sup>th</sup> Feb and Wed 21<sup>st</sup> February 2018
- Thurs 8<sup>th</sup> March and Wed 14<sup>th</sup> March 2018
- Thursday 19<sup>th</sup> April and Wed 25<sup>th</sup> April 2018
- Wed 16<sup>th</sup> May and Wed 23<sup>rd</sup> May 2018
- Thursday 7<sup>th</sup> June and Thurs 21<sup>st</sup> June 2018

If you are interested in the training places can be booked through [education.training@wsh.nhs.uk](mailto:education.training@wsh.nhs.uk) Further information about health coaching is available at [www.betterconversation.co.uk](http://www.betterconversation.co.uk)

## Health Walks



Stepping out in Suffolk offer a wide range of free Health Walks for everyone and there's no need to book. With over 200 walks available and one for every ability, there's bound to be one that takes your fancy. Visit the link below to see walks scheduled between January and March 2018.

<http://onelifesuffolk.co.uk/wp-content/uploads/2017/12/204868-One-Life-Winter-East-West.992-electronic-opt.pdf>

If you are interested in becoming a health walks volunteer, helping to develop new routes and leading walks contact OneLife Suffolk 01473 718193, email [info@onelifesuffolk.co.uk](mailto:info@onelifesuffolk.co.uk) or visit their website for more details, [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)

## How does the NHS work?

The Kings Fund have produced a video which gives an excellent overview about the changes happening within the NHS world. Follow the link below to access the video

<https://www.kingsfund.org.uk/audio-video/how-does-nhs-in-england-work>

## "PPG £"

You may already know from December's edition of PPG News that PPGs from practices within Ipswich and East Suffolk are invited to apply for up to £1000 of funding individually, or may join together with other PPGs to submit a joint application, where you will be able to pool monies together to apply for a higher amount.

There will be four waves of applications with the following closing dates:

- 28th February 2018
- 31st May 2018
- 5th October 2018
- 16th January 2019

All applications will be reviewed by a panel of representatives from Suffolk Community Foundation and the CCG two weeks after application deadlines. Applications will reopen the following day after deadline dates.

Further information and an application pack can be found on Suffolk Community Foundation's [website](#).

We are looking for innovative ideas which help to support our CCG self-care and prevention agenda and demonstrate involvement of both PPG members and patients in the development of your ideas. We look forward to receiving your applications.

## Upcoming Meetings

- **Suffolk Primary Care locality:** Wednesday 24th January, 6.00-8.00pm at Stowhealth, Violet Hill Road, Stowmarket, IP14 1NL
- **Coast and Country locality:** Tuesday 6th February, 4.00-6.00pm, at The Meeting Place, Limerick Close, Whitehouse, Ipswich, IP1 5LR
- **Deben Health Group locality:** Tuesday 13th February, 6.00-8.00pm, Framfield House, Woodbridge, IP12 4FD
- **Ipswich Primary Care locality:** Wednesday 28th February, 6.00-8.00pm, Ravenswood Medical Practice, Ipswich, IP3 9QJ