

Working with the North West Coast NHS Innovation Agency December 2020

The December meeting of the Patient and Public Involvement Group was very brief this month with just one presentation from the Salaso group (<https://salaso.com/>). Their website provides a platform for individualised exercise regimes for various health situations such as following joint replacement, injury or for arthritic conditions, but on this occasion we were asked to appraise a prototype of a newly designed exercise programme which is designed to help prevent work-related injuries.

I would like to take this opportunity to wish all our members a Happy and Healthy 2021 and let's hope that we will all see each other again before too long.