

Health and Wellbeing Group 2022 February 2022

The next meeting of the Health and Wellbeing Group will take place on Friday 18th March at 10.30am at St Michael's Church Hall in Church Lane when the planned session for 7th January will take place, in which Debbie Parkinson from the NHS Northwest Innovation Agency (who many of you will remember from her talks to the Science Group pre-lockdown) will talk to us about the work she and her volunteer Heart Heroes are doing with regard to health testing, particularly in relation to blood pressure, pulse and cholesterol levels at public venues. Admission will carry the usual £1 charge.

On 22nd April, also at 10.30am at St Michael's Church Hall in Church Lane, we will welcome back Dr Dorothy Tse who gave such an interesting talk in December on memory and the possible benefits of brain games. Dorothy will discuss with us her aim of consulting members of our u3a in her project on Ageing Better. The project is about how to promote healthy ageing and to create behavioural change within local communities. She would like to co-design her project with u3a members. She will first introduce her ideas for the project and then would like to have an open discussion with our group. If you would like to know more about the project and design this with Dorothy and her team, please come and join us.

If you would like to come along, please email me at thebates@blueyonder.co.uk or ring and leave a message on 01744 883086, so that I can have an idea of the number of people planning to attend.

The February meeting of the Patient and Public Involvement Senate of the Innovation Agency received three interesting presentations which are described below.

1. Pillow with a hole. (<https://thepillowwithahole.co.uk/>) . This has been developed with the aim of reducing pain in people who have ear problems or pain following surgery on the ear.
2. Salaso. (<https://salaso.com/>). This company is in the process of developing a new App for the management of back pain, and the group were asked to comment on the way that the information was presented with the aim of ensuring that the App is 'user-friendly'.
3. Menopause 360 (<https://menopause360.co.uk/>). Menopause 360 is a consultancy offering its services to workplaces to raise awareness of issues that can affect women going through the menopause. It is hoped that eventually the service could also be available to women individually.

More information can be found on the websites of the organisations above.

The Patient Safety Ambassadors' Group of the Northwest NHS Innovation Agency also met this month. The whole meeting was devoted to reviewing patient information leaflets relating to the management of cholesterol levels that had been discussed at January's meetings. Various improvements were suggested by the group.