

PPG Update December 2020

I guess I am not the only one to be feeling disappointed over the Christmas and New Year arrangements this year, however if it saves one life it will have been worth it.

Dunstable is in Tier 4 for how long we don't know so I guess long term projects will need to be addressed whether actual or yet to be thought up. No problem when the spring comes, the garden if you have one will more than fill your time. Oh gosh did I say the spring surely not.

I certainly can't bring myself to add anymore house cleaning but I will be spending more time on the phone making sure the timer is set to 60mins per call. Many of our friends are now on their own and although there is no substitute for a visit a good old chat is usually welcomed. I know the Silver line is looking for volunteers.

How lucky we are if we have friends and relatives to contact, it is hard to comprehend having no-one but it is unfortunately the case for so many.

Reading and exercise have a part to play and I love writing and receiving letters; who doesn't ?.

Of course the Patient participation group at West Street are still having Zoom meetings. Our numbers attending have gone down slightly due to the present situation but are still viable. Surgery staff are working hard to adjust to the new rules as they are rolled out. And of course the vaccination process is underway. I would urge you all to keep a keen eye on the surgery website, Facebook and Twitter for latest updates and appointments. If you don't have a computer maybe speak to family, friends or neighbours asking them to keep you updated. Remember if you have health concerns of whatever nature contact the surgery.

I picked up useful information from the website only last week. Advice is not to drive for a minimum of 15 mins after having the vaccine ie if possible get a lift. I passed this advice on.

Also don't forget the PPG is still here and listening.

All members of your PPG send you their warmest Christmas wishes.

Let's hope that sometime in 2021 we will regain some sort of normality.

PPG

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