

Covid-19 + Health & Wellbeing

Waterside (Hythe) and Blackfield Health Centres PPG

Covid-19 has caused us to make changes in our day to day lives that might be having an effect on our physical and emotional wellbeing. The PPG has not been able to engage with patients to provide information or events because of the social distancing requirements, so we are trialling this idea of providing information via webmail.

We would be interested in your comments about this approach so we may make it as relevant as possible to a wide range of patients. To provide feedback click on the comment link at the end of this webmail.

Ageing is inevitable Ageing well is a choice

Where do you start? Only you know how you feel at the moment and whether you wish to make changes to either maintain or improve your 'health and wellbeing'. To help you with this, the NHS and Public Health England (PHE) have identified ideas to encourage you to take responsibility for your health and develop a range of self-care strategies.



We are all different and the ideas look at a range of health topics, Some of which will be of interest to you and others you will ignore.

CHECK YOUR HEALTH

It's time to look after you! Check how you're doing today with online interactive tools and self-assessments, and get personalised ideas for immediate steps you can take to feel better and be a healthier you.

Click here to check the wellbeing of your mind, your body, or to explore a range of Apps which provide activities to try.

Click to comment or add ideas [→](#)