

Stop Press!

“One million people pledge to improve their health in 2015!”

“That’s the number we are hoping for from Health Pledge 2015” says Ingrid Brindle, who is Chair of Thornley House Patient Participation Group, Hyde, Tameside

The group says that the idea is to get individuals to pledge to change something to improve their health in 2015. It’s like a big, communal New Year’s Resolution. They are hoping that people will make small changes that can lead to big progress in health outcomes both mental & physical.

“As patients we are responsible for our own health and need to think carefully about the hundreds of health choices we make every day” continued Ingrid.

Dr Amir Hannan GP & CCG Board member from Haughton Thornley Medical Centres says “Tameside & Glossop score very poorly on many measures of good health. Looking at deaths from the major killer diseases , we are doing very badly despite our best efforts. Making good lifestyle choices can help to prevent patients developing many common diseases and any initiative which helps to promote good self care deserves to be supported.”

The patient group would like you to visit their website www.healthpledge.co.uk . It has lots of great information from how to write a good pledge to links to organisations which can give support.

The initiative is for everybody and we would love you all to make a pledge. Pledges can be made on the website, by twitter or facebook or by writing it on a post- it & sticking it on the fridge.....

Can you do Health Pledge with a group that you belong to? Can you get it going at work or with your family? There are resources on the website to help you.

Groups such as workplaces, Brownies, schools, churches, mosques, health centres etc. are encouraged to pledge together & give each other support.

Jacqui, Dominic, Marilyn & Ingrid from the Patient Participation Group are keen to help as much as possible and can be contacted on info@healthpledge.co.uk

They say “We have spent masses of time on this campaign and would love you to support us by making a pledge. We are keen to help you to improve your health but the decision to make a change has to come from YOU!”

