Whitewater Health

Patient Participation Group

May 2026

MENTAL HEALTH AWARENESS WEEK
11-17 MAY 2026

Mental Health Awareness

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing.

Trying these things could help you feel more positive and able to get the most out of life.

1.Connect with other people
2. Be physically active
3.Learn new skills
4. Give to others
5.Pay attention to the present moment [mindfulness]

See 5 steps to mental wellbeing - NHS on the NHS website and www.whitewaterloddonpcn.co.uk/community-directory

A vast range of services are available for anyone needing help. There are Apps, links to specialist sites, local information and phone numbers which we have put together for you called 'Mental Health Resources'. See**: www.whitewaterhealth.nhs.uk** and then go to 'practice information and patient group' then you'll find 'Mental Health Resources' under PPG documents.

The Hub of Hope is also a great resource https://hubofhope.co.uk/



Regular walking is one of the most accessible ways to improve your overall wellbeing; strengthening the heart, boosting circulation and helping maintain a healthy weight without any need for special equipment or gym memberships. Even a brisk 20–30 minute walk can increase energy levels, support joint mobility and improve balance.

Spending time outdoors reduces stress hormone levels, clears the mind and can lift your mood almost immediately, with many people finding a walk helps them think more creatively, unwind after a busy day or reconnect with nature.

See the following website for **free** Hart Health Walks;

https://hartvolaction.org.uk/community-services/hart-health-walks



For information or to get involved with Mental Health Awareness see:
https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week

NHS App Notifications

Remember to turn on your NHS app notifications so that you know immediately you have a new message or information from WhiteWater Health.

PPG Contact Details:

(Please Note: The PPG is unable to deal with any medical or personal matters)
Email: Whitewaterppg@gmail.com https://www.facebook.com/WhitewaterPPG

Practice/Surgery Contact Details :
Website: www.whitewaterhealth.nhs.uk
Telephone (Hartley Wintney - 01252 842087); (Hook – 01256-762125)