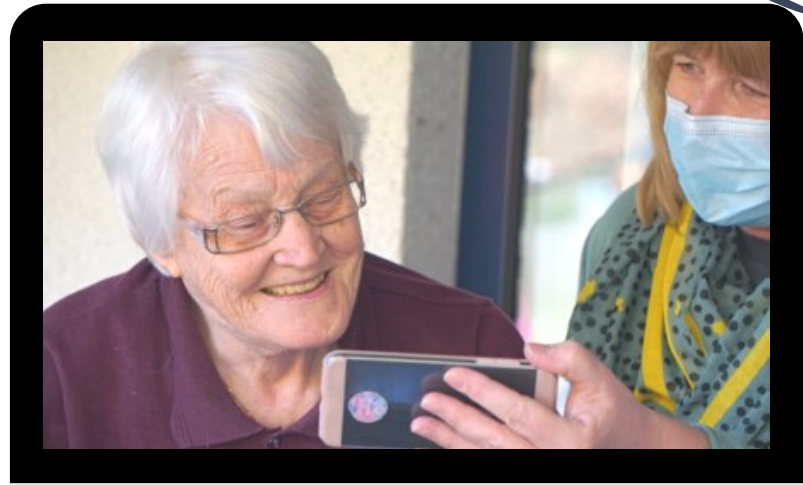




PROJECT SPOTLIGHT

DIGITAL HEALTH



The Digital Healthcare Support Service is a new service delivered by The Bureau in partnership with PC Refurb and their Digital Wellbeing Project. The goal of the project is to increase the uptake of GP online services and health apps across Tameside and Glossop. This will enable patients to take control of their own health and healthcare, have a simple and convenient way to access medical services such as appointment bookings, order repeat prescriptions and view their own medical record, and to manage their health conditions more autonomously. This in turn will support practices by reducing the number of phone calls and administration tasks they deal with daily, and will support patients to take a lead in preventing their conditions from worsening.

Volunteer digital champions will work with patients 1-2-1 or in small groups to support them in how to use the apps and resources available – we will also be supporting practice staff to become more confident with digital health resources.

So far, they have:

- Taken part in the Tameside TechKnow Festival in August, attending events and delivering a Digital Café Health Taster Session
- Delivered group training sessions to 2 community groups in Tameside
- Delivered 10 one-to-one sessions in community venues, GP surgeries, and client homes
- Begun recruiting volunteer digital champions to deliver health tech sessions for each neighbourhood in Tameside and Glossop

If you or anyone you know is interested in the Digital Health Project, either being a client or volunteering, please contact Emma Delany on 01457 865722 or email emma@the-bureau.org.uk



Meet the team...



Lauren Hastie

Lauren joins us as our newest Administrator. Coming from a background in physiotherapy, Lauren will provide assistance across the organisation and further enable us to serve our community. Welcome, Lauren!



Matthew Gregory

Mat is joining the team as our Peer Support Coordinator. With a broad range of experience that has seen him travel the world aiding others, we are happy to welcome him onto the team!

The Bureau
are currently recruiting
BEFRIENDERS
If you are a **good listener**, and want to help
people feel **less lonely** and isolated, get in
touch!
volunteer@the-bureau.org.uk or
01457 865722

HM Government **NHS**

HANDS **FACE** **SPACE**
FRESH AIR

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FREE CV WORKSHOP

**Haven't got a current CV?
Need help preparing one?**



The Bureau can help!

**Come to the Labour Club on a
Wednesday.**



Appointments available every Wednesday from
9.00am until 2.00pm by calling 01457 865722
Or drop in every Wednesday from 3.00pm until
4.30pm, no appointment needed.



**Community
Wellbeing**
Tameside & Glossop

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The Bureau, Glossop



@Glossop_Bureau

MOVE MORE GLOSSOP
Community Event



On the 25th September the Move More Community Event took place, inviting members of the public (and a notable appearance by Derbyshire Fire & Rescue Service) to take part in activities and games in order to promote physical activity.

With health checks, demonstrations, pledges and freebies on offer, the local community was given the opportunity to discover new ways to become more active and to make changes to their lifestyle and make improvements to their physical and mental health.

Move More offers a range of activities and advice to help you Move More. For further information, contact Helen on 07973769069, or email Helen@the-bureau.org.uk to find out more.