

**National Walking Month**

May is National Walking Month, an annual celebration of walking, so lace up your shoes and take up the challenge of walking 20 minutes as part of your daily exercise every day this month (and beyond)!. After the last few years, more of us than ever are appreciating the chance to get out of the house for a walk.

It's so important to keep active, both for our own wellbeing to avoid storing up massive health problems for ourselves and the NHS in the future. Walking every day for 20 minutes is an easy way to improve your health - it reduces the risk of several preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes.

Best of all walking is free, flexible and fun. Why not use this #TRY20 poster from Living Streets which has some great ideas for fitting 20 minutes into your day, for all abilities. If you can't manage very much, maybe try an extra minute or two walking every hour or walk to the shops. Or, why not have your school join in "Walk to School" week from 16-20 May as an excellent five day walking challenge and encourage everyone to travel sustainably to school every day of the week.

Locally, there are also walking groups if you want something a little more challenging. For example Hart Voluntary Action organise Health Walks. For details you can contact [healthwalks@hartvolaction.org.uk](mailto:healthwalks@hartvolaction.org.uk) or call 01252 815652, or just google for details. Hartley Wintney U3A organise monthly walks, more details can be found here: <https://u3asites.org.uk/hartley-wintney/page/44200> and there is also a Nordic Walking group in Odiham via U3A as well. Whatever you choose to do, enjoy and take care.

**Deaf Awareness Week**

In the UK alone, there are over 10 million people living with some form of hearing loss, whether it is mild or profound. Deaf Awareness Week, from 2 to 8 May 2022, is all about promoting the positive aspects of living with deafness. This event aims to raise awareness of the isolation that deaf people can experience and promotes the importance of social inclusion around the deaf community. The event also raises awareness of BSL (British Sign Language), which is a language used by many people in the UK who are born deaf. Check out our Facebook page in May as we help raise awareness on how we call all become more deaf aware.

**PPG Contact Details**

Email at [Whitewaterppg@gmail.com](mailto:Whitewaterppg@gmail.com), correspondence (PPG mailbox in both surgeries) or by leaving a message on our phone line 01256 678671 or on our Facebook page at [www.facebook.com/WhitewaterPPG](http://www.facebook.com/WhitewaterPPG). Please note we cannot deal with any medical or personal matters. Please address these to Whitewater Health. The email address for the practice is: [nhccg.whitewaterhealth@nhs.net](mailto:nhccg.whitewaterhealth@nhs.net)

