



# Patient Participation Group

New Hayesbank Surgery

## Time to Think

An informal session run by Pilgrims Wellbeing

It is a chance to find out more about future care planning – What steps you can take to help you stay in control should you become less well. It will include discussion around lasting power of attorney, medical decision making, resuscitation and preparing emotionally for end of life.

Nobody likes to think of a time when we might be less well, or unable to make choices and decisions for ourselves, but thinking ahead and planning for a time in the future when we may find ourselves in this situation, gives us some control over what might happen to us. It helps our families and those caring for us know what choices and decisions we would make for ourselves if we could.

Our first session will be on Friday 24<sup>th</sup> April 2026 from 2 to 4pm. It will be held in the New Hayesbank Surgery meeting room. Because of the interactive nature of the workshop and the size of the meeting room, attendance will be restricted to fourteen patients.

Please email [kmicb.newhayesbanksurgery@nhs.net](mailto:kmicb.newhayesbanksurgery@nhs.net) if you wish to attend, using the subject 'Time to Think'. Places will be allocated on a 'first come first served' basis. You will be informed if you have been allocated a place or not by Beata Halling, the PPG's Time to Think Champion.



This workshop is provided as part of the Patient Participation Group's Prevention and Self-Help strategy.