



VSG PPG

Village Surgeries Patient Participation Group
01829 771588

TATTENHALL & FARNDON NEWSLETTER NOVEMBER 2017 ISSUE 1 - email – vsg.ppg@nhs.net

Welcome to the first of our quarterly Newsletters of the 'VSG PPG' – 'The Village Surgeries Group (Tattenhall & Farndon) - Patient Participation Group'. Following a series of initial meetings, our PPG was officially formed on 12 September and comprises a group of key committee members who will meet on a regular basis. In addition, a wider group of approximately 50 patients who attended the inaugural meetings also expressed an interest in the PPG. Their future participation will be very much appreciated. Any patient registered at the practice can become involved with the PPG and our hope is that together we will become a strong voice, not only on local surgery issues, but importantly, in the context of rural Cheshire too. In 2018 we intend to hold wider public meetings to ensure all patients are aware of our progress and to ensure inclusivity for everyone.

An initial task will be to undertake a Patient Survey; accessible in print and electronic formats. This is a first stepping stone in obtaining vital information and a clear understanding of your views regarding the VSG. In turn, this will equip us for future needs and provide a positive voice within our communities. The PPG can also be pivotal in ensuring future funding for the VSG and, supported by positive, focused individuals, it is anticipated that the group can go from strength to strength. If you wish to become involved please email vsg.ppg@nhs.net

Our role as a PPG is to be a 'critical friend' to the VSG.

Advise the VSG on the patient perspective and provide insight into the responsiveness and quality of services.

Encourage patients to take greater responsibility for their own and their family's health.

Carry out surveys into the views of those who use the VSG and to report back on these findings.

Organise health promotion events and improve health literacy.

Provide regular updates and communication with the VSG and the wider patient population.

Your Key Committee Members –

*Clare Marsh (Chair) Holt,
Nigel Mitton (Deputy Chair) Tattenhall,
Mags Roseblade (Secretary) Farndon,
Gill Jones Holt, Sheila Sheen Aldersey,
Andrea Ferguson Bickerton,
David Hughes Farndon,
Sheila Caddy Farndon,
Ian Waddington Tattenhall,
Terri Hull Tattenhall,
Esther Sadler-Williams Tattenhall.*



NHS 111 NON EMERGENCY NUMBER

ORDERING REPEAT PRESCRIPTIONS

When ordering repeat prescriptions please order only those items which are required. If you are no longer taking medication that is still on your repeat slip, or which is being ordered unnecessarily on your behalf, please contact the surgery so that they can delete it from your repeat medication list. Please also check with any elderly relatives and if they have unnecessary stored medication or medication which may be out-of-date, then please return those items to your Pharmacy for safe disposal. NEVER flush unused or unwanted medicines down the toilet.

PRACTICE NEWS – What is Patient Access?

With 'Patient Access', you can now view, book and cancel appointments from home, work or whilst on the move – in fact, wherever you can connect to the internet. What's more, because 'Patient Access' is a 24 hour online service, you can do this in your own time; day or night. 'Patient Access' is not just for booking GP appointments; you can also order repeat prescriptions too! Please visit www.thevillagesurgeriesgroup.co.uk to register!

HAVE YOU HAD YOUR FLU JAB?

Whilst our VSG has offered two separate drop in sessions for Flu Jabs, in both Tattenhall and in Farndon, it might be that you were away or unwell at that time. Should you still require the Flu Jab then contact your surgery – please call **01829 771588** to make an appointment

RECIPES FOR HEALTHY KIDS



COMPETITION

Create a healthy recipe which you LOVE to make!!! Send this by email along with a picture of your tasty creation and enter our draw to

WIN 2 TICKETS TO THE 'KONG ROPES' EXPERIENCE

(kindly donated by *The Event Station, Carden Park, Chester, Cheshire, CH3 9DQ - 01829 731500*)!!!

Winner to be announced in our January Newsletter!! Good Luck!! Please send your entries to vsg.ppg@nhs.net (open to 16's and under)

JOIN THE 'VSG 100 CLUB'

In our first newsletter the PPG is encouraging patients to support the VSG in raising monies for equipment which is not ordinarily funded by the NHS and from which we can all derive benefit. This is an initiative driven by YOU, the patients, and which has already made a real difference.

With this in mind, we ask you to subscribe to the 'VSG 100 Club' with an annual donation of just £10. In return, an individual 'number' will be allocated to you which will go forward into our October 2018 draw. There are multiple cash prizes to be won.

Importantly, however, the monies generated will assist our VSG in purchasing equipment which can be used within our communities and which may avoid long journeys to hospital out-patient departments. In some instances, the fundraising has also enabled the supply of services which were unavailable on the NHS.

Farndon Equipment Fund, established over 30 years ago, has most recently funded £5000 worth of equipment. For more information and to purchase a 'number' then contact Ian Menzies on 01829 271023.

We thank everyone for their previous support, donations and bequests.

You (our patients) have made a real difference and for that we thank you.



IMPORTANT ANTIBIOTICS INFO

Antibiotics are important medicines for treating bacterial infections. However bacteria can adapt and find ways to survive the effects of an antibiotic. Antibiotic resistance is one of the most significant threats to patient safety. To slow down the development of antibiotic resistance it is important to take antibiotics as prescribed and always complete the course. If your GP does not prescribe an antibiotic for you, there is always a good reason for that.

PRACTICE NEWS – E-Consult

E-Consult is an online patient triage system for non-urgent medical problems which was introduced on 1 November. This system allows patients to access self-care advice and gives signposting to specific local services e.g. pharmacy first or symptoms will be triaged for a GP appointment/telephone consultation and/or prescription if required.

Patients must be 18 years and over and registered at the practice to use this service. www.thevillagesurgeriesgroup.co.uk

Rural Living Well Project

This autumn saw the launch of the 'Rural Living Well Project'; an exciting new range of FREE activities and services promoting healthier lifestyles and improved condition management. Living in rural communities can be quite isolating so this project is being rolled out initially in Malpas and Tattenhall, and will then move across to Tarporley and Farndon in the coming months.

Your PPG is seeking to promote these activities on your behalf. The project includes:

Strength and Balance Exercise & Falls Prevention Classes

Feel Good with Food

Healthy Hearts exercise and nutritional advice

Diabetes Care and Living Well with Long-term Conditions

Additional healthy cookery classes and nutrition advice

Mental Health

First Aid Awareness

Beautiful Beginnings: healthy lifestyle in pregnancy and weaning support will also be available. Access to all activities is **FREE** and daytime and twilight sessions will be available. The project is delivered by a range of health professionals and exercise instructors and most importantly will be shaped by **YOU**, the participants.

"Healthbox is a registered Community Interest Company (CIC), a not-for-profit organisation, committed to benefiting the local community."

If you are interested, for yourself or someone you know, please contact Georgie from Healthbox CIC georgie@healthboxcic.com or call 0151 355 0205 or 01244 957289 or visit their website for more information www.healthboxcic.com - Know of a local venue we could use? A local group who'd like to be involved? Or if you're interested in volunteering or becoming a Rural Living Well Champion, then please contact Georgie!

USEFUL NUMBERS: Extended Hours 0300 123 7740 Opt 3 Samaritans 116 123 Childline 0800 1111
National Bullying Helpline 0845 2255787 Alcoholic Anonymous 0800 9177650 Mind 0300 123 3393



Details about the upcoming Patient survey will be shared on the VSG Website and Facebook page.

We would also like to know what our readers would like to see in our next edition due out in January 2018 - please email us with your ideas! vsg.ppg@nhs.net