



TATTENHALL & FARNDON NEWSLETTER APRIL 2022 ISSUE 15 email – vsg.ppg@nhs.net



WE ARE CLOSED

GOOD FRIDAY 15TH APRIL 2022 & EASTER MONDAY 18TH APRIL 2022
For information and advice regarding what to do when the surgery is closed
please visit our website:

<https://www.thevillagesurgeriesgroup.co.uk/when-we-are-closed>

Happy to Chat Festive Bench Tattenhall - Mini Meadow Project



The next time you are visiting the Tattenhall Surgery, or passing by, look out for our new bird nesting boxes. They are in the trees between Chester Road and the car park. Last year two potentially dangerous trees were cut down and now VSG is funding a PPG project to breathe new life into this miniature woodland glade. Wildflower planting has started and will be extended into the larger grassed area when the new "happy to chat" bench is in position. It really is a case of "watch this space"! As the weather starts to get warmer and the light nights of spring start to help our evenings last longer, please do take the time to visit our Happy To Chat Benches at both of our surgeries – remember it's good to talk!

GOING THROUGH
A STORM
OR JUST BEEN
THROUGH ONE?

ANDYSMANCLUB
are talking
groups for men to
HELP YOU through
those storms.



#ITSOKAYTOTALK

FIND OUT MORE info@andysmanclub.co.uk
www.andysmanclub.co.uk

Wrexham Group Location
Yellow and Blue Community Hub,
11 Henblas Street, Wrexham LL13 8AE
<https://www.youtube.com/watch?v=pRtInCBfneU>

The PPG have been concerned by the lack of support for our male patients experiencing difficult times. We are therefore really happy to have heard the news that one of Andy's Man Clubs has opened in Wrexham.

ANDYSMANCLUB are a Men's Mental Health Charity – Offering free-to-attend talking groups for men and challenging the stigmas around Male Mental Health. They started off as one group in the small, northern town of Halifax. That first night 9 men turned up and spoke. There was a magic in that room that everyone knew had to be shared.

Every club runs on a Monday evening, except bank holidays and starts at 7pm. There are men outside to show others where to go and to meet and greet. All clubs are completely free and confidential, there are no registration or referral processes, any man aged 18 and above are welcome to just simply turn up. They now have 93 clubs nationwide.



Please email vsg.ppg@nhs.net for more information about how to get involved! We look forward to hearing from you ☺





Menopause Café

Primary Care Cheshire is holding a Menopause Café on the first Wednesday of the month, from 5.30pm to 7pm. The venue is Elton Community Centre, School Lane, Elton CH2 4PU. For more information, please email [Kay Foster](mailto:Kay.Foster@primarycarecheshire.nhs.uk) or [Helen Plant](mailto:Helen.Plant@primarycarecheshire.nhs.uk). Alternatively, call them on 07931 556694 or 07815 161508.

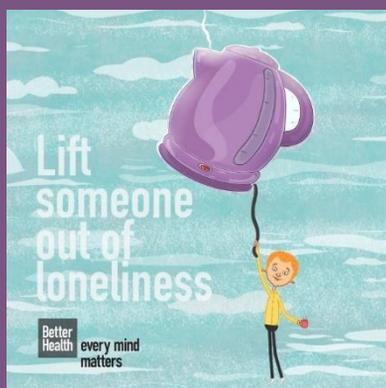
The café is a relaxed place to chat about anything and everything related to the menopause, and is open to all ages and genders.

Did you know if you have a problem with your eyes you can go directly to the NHS Urgent Eye Care Service. This is a much more specialist service and takes the pressure off your GP. The surgery kindly ask you to use this facility if you have any eye issues or concerns. They can provide urgent assessment, treatment or referral for sudden onset eye problems such as flashes, floaters, vision loss or minor eye injuries.

It is for people of all ages – adults and children – and you do not need a GP referral. Children under 16 years must be accompanied at their appointment by an adult.

<https://primaryeyecare.co.uk/find-a-practice/>
Please note that this service is not an eye test.

Primary Eyecare



This campaign encourages people to 'Lift Someone Out of Loneliness', by carrying out small acts of kindness to help someone who may be feeling lonely, knowing that this is likely to help them feel less lonely too.

Loneliness has no common cause. Sometimes it can be triggered by a life event or change in situation, or it may not be triggered by anything at all. We all experience feeling lonely in different ways. This means there are a range of ways we can try to overcome loneliness, and we need to identify the help and support that works for us. It's really important to remember that loneliness and difficult feelings can pass.

While loneliness is a feeling we can all relate to, sometimes admitting we feel lonely is much harder. We want people to talk more openly about feeling lonely and the impact that loneliness can have.

Sometimes it can feel easier to reach out to someone else who may be feeling lonely. There are plenty of simple actions you can take to help lift someone out of loneliness and in doing so, it might help you to feel less lonely too. <https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/>

HOSPITAL REFERRAL APPOINTMENTS

As with all NHS providers, there is currently an unprecedented demand for services and for appointments. Hospital waiting lists are sometimes running into two-year waits. There is also a dramatic shortage of nurses and doctors, coupled with a lack of locums for short-term cover. After referral to hospital, the VSG Practice has absolutely no control over hospital appointments. To chase up an appointment, however, or to determine where a patient might be on a hospital waiting list, then The Countess of Chester 'patient appointment line' can be contacted using this number - 01244 366663.

The surgery will be closed from 1pm – 5.00pm on the following dates for staff training.



Thursday 28th April 2022
Tuesday 24th May 2022
Thursday 14th July 2022
Tuesday 16th August 2022
Wednesday 21st September 2022
Thursday 20th October 2022

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Thank you for your understanding!



We understand how painful UTI's can be for our patients. As it is such a common problem your local community pharmacists in Tattenhall and Waverton can help! There is no need for a GP appointment or to drop off a urine sample, please visit the pharmacy directly and describe your symptoms. Pharmacists can prescribe medication for uncomplicated urinary tract infections. This service is suitable for patients aged between 18-65.

Find the right support for you

Mental health services in Cheshire West



Cheshire and Wirral Partnership
NHS Foundation Trust

IAPT - talking therapies self-referral

IAPT (Improving Access to Psychological Therapies) services are for adults and older people, with mild, moderate-to-severe symptoms of anxiety or depression. You can find your local IAPT service at www.nhs.uk/service-search

Shout mental health support text 'BLUE' TO 85258

Are you feeling anxious or stressed and need support? Text 'BLUE' to 85258 to start a conversation, via text, with a trained volunteer, who will provide free and confidential support. Open 24/7

Cafe 71 - Chester Crisis cafe 01244 393139 Open 10am - midnight

Cafe 71 provides a safe space for people struggling with emotional distress who consider themselves to be in a self-defined crisis. It offers a welcoming environment for people to connect with others who are experiencing similar problems. The service is located at: 71-77 St Anne Street, Chester, CH1 3HT

24/7 mental health crisis line 0800 145 6485

If your mental health gets worse and you feel you are unable to cope, this is a mental health crisis. It is important to access support quickly. The CWP mental health crisis line supports people to access the help they need and is here to help 24/7

Accident & Emergency

Please remember that A&E or calling 999 are the service you need in an emergency.

Our village surgeries do not have the equipment or specialist emergency care in place for you and you could be risking your life by taking the time to attend there. Please be assured if you do go to A&E, that measures are in place to keep you safe and to prevent the spread of coronavirus. It might mean that it's different to what you may have experienced before.

You may be asked to attend alone, wear a face covering and maintain physical distancing. You may also be met at the front door and signposted to a more appropriate service to help keep you safe.



The Surgery have recently had an increase in patients in hospital following a fall. Anyone can have a fall, but older people are more vulnerable and likely to fall, especially if they have a long-term health condition. Falls are a common, but often overlooked, cause of injury. Around 1 in 3 adults over 65 and half of people over 80 will have at least one fall a year. Most falls do not result in serious injury. But there's always a risk that a fall could lead to broken bones, and it can cause the person to lose confidence, become withdrawn, and feel as if they have lost their independence.

If you have a fall, it's important to keep calm. If you're not hurt and you feel strong enough to get up, do not get up quickly. Roll onto your hands and knees and look for a stable piece of furniture, such as a chair or bed. Hold on to the furniture with both hands to support yourself and, when you feel ready, slowly get up. Sit down and rest for a while before carrying on with your daily activities. If you're hurt or unable to get up, try to get someone's attention by calling out for help, banging on the wall or floor, or using your personal alarm (if you have one). If possible, crawl to a telephone and dial 999 to ask for an ambulance. Try to reach something warm, such as a blanket or dressing gown, to put over you, particularly your legs and feet. Stay as comfortable as possible and try to change your position at least once every half an hour or so. You may want to get a personal alarm system so that you can signal for help in the event of a fall. An alternative would be to always keep a mobile phone in your pocket so you can phone for help after having a fall.

Age UK Cheshire's Falls Prevention Team works to reduce the number of older people having falls in their homes. The service is available to anyone over the age of 60 across Cheshire West and Chester. For further information or to request a telephone assessment please contact them for advice.



Phone: 0151 348 5495/6
Email: jill.quinlan@ageukcheshire.org.uk
or victoria.gardner@ageukcheshire.org.uk

ABUSE IS NOT IN A DAY'S WORK

NHS



We have the right to refuse treatment and take further action against anyone who threatens the safety of our staff and our patients.

PLEASE BE KIND TO OUR TEAM

The PPG has taken the unprecedented decision to spell out just how difficult it has been (and continues to be) for our 'Reception Team' who are reduced to tears on a daily basis (yes, a daily basis). Following high demand for GP services, practice colleagues are bearing the brunt of some unacceptable behaviour, and daily verbal abuse is having a negative impact on the well-being of the entire Team.

- We understand that there are huge pressures across the entire healthcare system currently but aggression is not the way forward.
- We understand your frustrations when calling at 8.30am to be told that appointments have already been filled. Regrettably, current demand is outstripping capacity.
- We understand that hospital outpatient appointments and elective surgery are taking longer or being cancelled through absolutely no fault of our Team.
- We understand that many of you may be struggling with personal health issues because of the current backlogs.

Colleagues have put themselves at risk throughout the pandemic and continue to do so. They and their families have also faced the challenges of Covid and non-Covid illnesses as well as self-isolation. Many members of our Team (receptionists, practitioners and GPs) have worked at the Village Surgeries Group for several years and they have never witnessed such abuse in a day's work.

Newcomers to our Team are bewildered and overwhelmed by the levels of hostility and daily aggression. None of this is unique to our practice. The healthcare system is struggling nationwide BUT abuse should never be normalised in a day's work.

We ask for your kindness and consideration; that you pause and do not resort to verbal aggression. Instead, write to your MP urging support for rural surgeries.

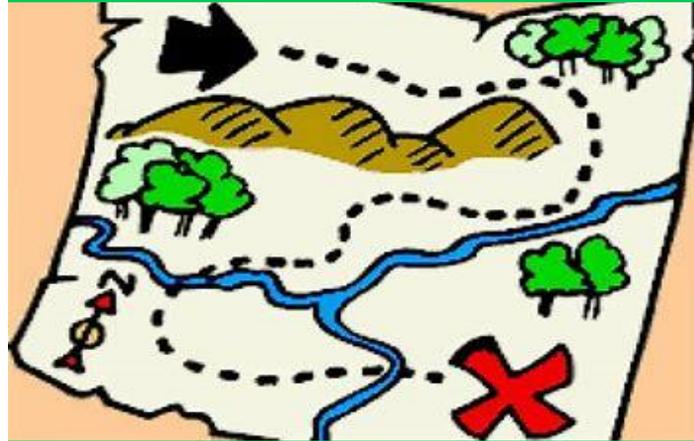
SAVE THE DATE
SATURDAY 10TH SEPTEMBER



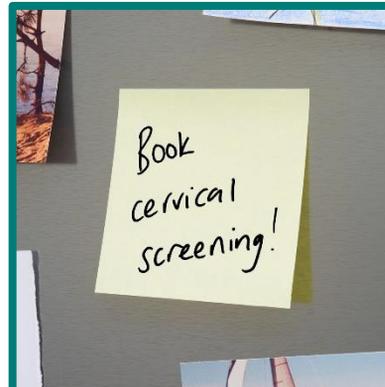
PPG DAVID HUGHES MEMORY
WALK FUNDRAISING FOR
ALZHEIMER'S SOCIETY

During lockdown David wrote a number of walks accessible for everyone around the village of Farndon we feel we should celebrate his life by organising a fundraising walk we hope you will support this event. We will have more details over the coming newsletter editions. Thank you.

SAVE THE DATE!! VSG PPG
TATTENHALL TREASURE HUNT!!



SATURDAY 16TH JULY MORE
DETAILS TO FOLLOW IN THE NEXT
NEWSLETTER 😊



Don't ignore
your cervical
screening invite

NHS

Screening
saves
lives
Help us
help you



PPG Meeting Dates
Tuesday 10th May
Tuesday 14th June
Tuesday 12th July
By Zoom - please email to
receive the link to join the
meeting, we would love to
see you!