



VSG PPG



Village Surgeries Patient Participation Group

TATTENHALL & FARNDON NEWSLETTER JUNE 2022 ISSUE 16 email – vsg.ppg@nhs.net



Happy To Chat Bench Tattenhall

We are excited to share with you that the “Happy to Chat” bench is now in place at Tattenhall Surgery. Please take the opportunity to take a seat and hopefully share some conversation with a passer-by.

The aim of this project is to help with social isolation within our rural villages. Both Farndon and Tattenhall Surgeries now have “Happy to chat” benches installed and we really hope both villages seize the opportunity to use them.

In this edition the PPG thought it might be valuable to introduce members of the wider care team based within the surgeries.

Your Community Midwife – Julia Briscoe



I am Julia Briscoe the Community Midwife based at Tattenhall Surgery. I run a clinic every Wednesday and have been based in Tattenhall for a good few years now. I am employed by the Countess of Chester and I can refer my patients for their scans and advice from my obstetrics colleagues. I enjoy a great relationship with the brilliant team here at Tattenhall and work closely with the GP's and clerical staff to make our patient care safe, effective and convenient.

I completed my training in Manchester and I have been at the Countess of Chester since 2004.

I loved working in the hospital, mainly on labour ward, but after having my own children the community fitted better around our family. I've enjoyed my time on community since 2014. I really enjoy seeing women and their families throughout their pregnancy.

Early pregnancy can be filled with lots of worries, unusual aches and pains, nausea and exhaustion. It can be an exciting time but can also feel very daunting. Once someone has done a positive pregnancy test, they should call the Countess (01244 365166) and give their details. Then contact the surgery and book their first appointment with myself at around 8-10 weeks pregnant (based on the first day of the last period). We would then see each other a few times over the early months and then regularly from 25 weeks onwards with 2-3 weekly appointments. This provides a great opportunity to build a relationship with families so they feel free to ask questions and get support.

I have plenty of experience to share with you and personal insight as a mother of two myself. My beautiful girls are now 13 and 11, but I can remember my pregnancies and births well. I was fortunate to be well with both, but do remember the exhaustion, worries and discomfort. The pressures of working, being a good partner and home making while staying well, fit and healthy, preparing for this new chapter in your life. I hope you'll enjoy your pregnancy journey. You can call or text me on my work mobile 07759136039 and I look forward to supporting all the new parents I meet through their pregnancy and beyond. Your pregnancy will be an amazing empowering experience.



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



Your Wellbeing Coordinator – Amanda Parry



We understand that not everything can be fixed by medicine and many other factors influence a person's sense of wellbeing, so it's key that patients find the appropriate support to help them regain control and take responsibility for their own health.

The Wellbeing Coordinator will work with our patients who need some guidance, information and support in a whole range of areas such as appropriate support services, Adult Social Care, diet and exercise, emotional health, loneliness, bereavement, financial issues, anxiety and mental health problems and lots more. Trained to help patients find the best solutions to make positive changes in their lives using ongoing manageable and realistic steps.

Amanda offers face to face appointments at both of the surgeries or telephone consultations to discuss your situation further and make an action plan together to help you move forwards. This may be sharing resources and signposting and may also involve some ongoing support sessions if that would be helpful.

To access the service, you must be 18 years and above and have at least one long term health condition. If you feel that you would benefit from engaging with our Wellbeing Coordinator Amanda Parry, just ask someone at the Surgery to make a referral for you.



Primary Care
Cheshire

Your Social Prescribing Link Worker – Claire Lockerbie



Healthbox are a Community Interest Company that provides wellbeing services across Cheshire. The Social Prescribing Link Workers help support over 18s with the social issues that affect their health and wellbeing. As well as connecting with the local community groups and services, they also deliver activities to help improve peoples wellbeing.

In Tattenhall they have a popular walking group (which is more like a gentle stroll). This is suitable for all abilities as they start with a walk around the park. For some people, this is enough, and for others that want to go a bit further, we do a few loops around Tattenhall. This is on Wednesdays at 10.30am - meet their friendly team at the park.

They have also done a few Couch to 5k groups in Tattenhall too. A new couch to 5k programme is starting soon, please email claire@healthboxcic.com if you would like to join.

HEALTHBOX

Your Dementia Practitioner - Steph Brown-Stewart



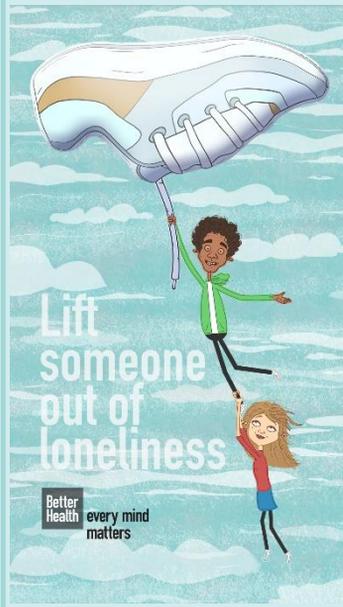
The VSG are excited to share the news that a Dementia Practitioner is now also part of the support team available within the surgery. Steph has recently taken up the role as part of the Primary Care Network within the Rural Alliance.

This is a new role and will be developed over the coming months. The initial plan will be to complete Annual dementia reviews for patients on the dementia register at each practice and incorporate/update their dementia care plan.

There is no age restriction, those under 65 years of age will be included.

Steph will also maintain links with the secondary mental health team and will be able to seek advice/liason from them when needed. It is hoped that Steph's role will evolve and incorporate more aspects over time.

RURAL
ALLIANCE
Providing NHS services
'Seamless care, working with our community'



Better Health - Every Mind Matters Loneliness

Feeling lonely is something that all of us can experience at any point and can have a huge impact on our wellbeing. Sometimes admitting we feel lonely can be hard but it's important to remember that many others experience feelings of loneliness too, and that this feeling can pass.

Remember to reach out to others to help someone who may be feeling lonely, taking small acts of kindness such as sending them a text or inviting them for a walk or a coffee, which might in turn help them feel less lonely too.

Find more support and advice for ways to lift someone out of loneliness on by searching for Every Mind Matters for more support and advice for ways to lift someone out of loneliness. You can take the Mind Plan quiz to get a personalised mental health action plan with practical tips to help you deal with stress, anxiety, low mood and trouble sleeping. Plus advice on how to cope with feelings of loneliness.

PRIVATE WORK

Medical insurance form, holiday cancellation requests, fit to fly, plus many other documents that we are asked to complete, do all incur a charge. Although the form may just say GP to sign, our doctors have to take the time to read through your medical records in detail and complete the required information. They are personally responsible for providing the correct information. These forms aren't classed as urgent work so may take a number of weeks for the forms to be completed. Thank you for your understanding.



Better Health
Let's do this

NHS

Quitting smoking

is one of the **best things**
you will ever do for your health



NHS

**FACE-TO-FACE
GP PRACTICE
APPOINTMENTS
ARE AVAILABLE
TO PATIENTS.**

Your health matters
help us help you

The Friends and Family Test

Tell us what you think about the service you have received from us...

Did you know you can have your say to help improve more services across the NHS?

The Friends & Family Test is about giving patients the opportunity to provide quick feedback on their care and treatment experience.

You can say what is going well and what can be improved so that people who make decisions about local healthcare can take your views into account.

It is only three quick questions and you don't need to give your details on your feedback form.

Look for details in the surgery waiting rooms or you can complete the test on our website.

For more information visit <https://www.nhs.uk/friendsandfamily>



SAVE THE DATE SATURDAY 10TH SEPTEMBER



PPG DAVID HUGHES MEMORY WALK FUNDRAISING FOR ALZHEIMER'S SOCIETY

Meet at Farndon Surgery 1.30pm

We have chosen Walk 1 approximately 4 miles around the village.

<https://thevillagesurgeriesgroup.co.uk/common/getdocument/74776>

Everyone is welcome, please support this event we would love to see you there!

Please be aware participation is at the risk of the individual.



VSG PPG VILLAGE ACTIVITY "Make a note of the date...Saturday 16th July...our great Family Treasure Hunt afternoon!!

Come and take a quizzical stroll around Tattenhall looking for clues, treasures and solving riddles. £1.00 donation with proceeds from this event going to the VSG equipment fund which is a registered charity!

Starting from the School Park between 1.30pm to 2.00pm. Answers and prizes by 4.30pm.

Please bring a picnic!



Don't let the thought of cancer play on your mind



Most people who go for tests find out it's not cancer. Finding out sooner is always better. Contact your GP practice.



UK Health Security Agency



CHOOSE THE RIGHT SERVICE

Choosing the right NHS service for your needs will really help us ease pressures in our Emergency Department.

	Minor cuts and grazes Hangover Sore throat Cough	Self care
	Minor illnesses Headache Stomach upsets Bites and stings	Pharmacy
	Feeling unwell? Unsure? Anxious? Need help?	NHS 111
	Persistent symptoms Chronic pain Long term conditions	Your GP Out of Hours call 111
	Choking Chest pain Blacking out Serious blood clots	A&E or 999 Emergencies only



Out in the sun?

Beat the heat by **keeping cool, drinking lots of water and wearing sun cream** to protect against high UV.

PPG Meeting Dates

Tuesday 12th July

Tuesday 9th August

Tuesday 13th September

Tuesday 11th October



By Zoom - please email vsg.ppg@nhs.net to receive the link to join the meeting, we would love to see you!

#ChooseWellCheshire