



VSG PPG

Village Surgeries Patient Participation Group



TATTENHALL & FARNDON NEWSLETTER APRIL 2025 ISSUE 27 email – vsg.ppg@nhs.net



Join your Patient Participation Group

PPGs represent patients and provide feedback on GP practices, helping to drive change



Our Patient Participation Group (PPG) is always looking for new members!

The PPG is a patient-led group who represent the views of our patients. We are looking for new members of all ages. The group works closely with the practice and we hold regular meetings. These meetings are attended by a member of the practice management team and, where possible, a GP. The group acts as the patients' voice, providing feedback to help improve our services. It is also an opportunity for the practice to communicate important updates and changes to services.

If you would be interested in joining our Patient Participation Group, please email your details to David at vsg.ppg@nhs.net



Our IT Manager, Nikki will be running TCS London Marathon on Sunday 27 April 2025 in aid of Nerve Tumours UK.

By the time you read this, Nikki will be on the cusp of completing her biggest challenge yet! Nikki only started running 18 months ago, when a friend and colleague recommended that she download the couch to 5K app. This challenge reflects her dedication and determination.

Diagnosed with Neurofibromatosis Type 1 (NF1) at just 9 months old, Nikki has faced lifelong challenges associated with this genetic condition. These include dyspraxia, dyslexia, mild scoliosis, and she has undergone two surgeries to remove a plexiform fibroma from her abdomen. While Nikki considers herself fortunate to be less severely affected than others, living with NF requires resilience and ongoing vigilance.

Neurofibromatosis is more common than many realise, affecting 26,500 people in the UK. Despite this, it remains widely misunderstood and underfunded. Nerve Tumours UK plays a vital role in supporting individuals like Nikki, offering access to specialised medical care, support networks, and resources to improve quality of life.

By supporting Nikki's marathon journey, you'll be helping fund crucial services, pioneering research, and raising awareness to bring hope to thousands of people affected by Neurofibromatosis.

Let's make every step of Nikki's marathon count!

Please consider donating to her JustGiving page and sharing this important cause with others.
Thank you.

<https://www.justgiving.com/page/nikkicrosebladelondonmarathon2025>



We are
here for
you

You don't need to be alone

Here at the Buddy and Befriending team, we will match you up with a friendly ear who would love to chat to you every week.

We are here

Refer yourself or a friend today!

07919327131

befriending@changing-lives-together.org.uk

www.changing-lives-together.org.uk/buddy-and-befriending

BE ALERT
TO SPAM
CALLS!



Scam GP Telephone Calls - Stay Alert

Members of the public have reported receiving a call appearing to be from their GP asking them to press a button to update their details. Some of these messages suggest that if the person does not update their details, they will be removed from the GP practice list.

- If you receive a telephone call from an unknown number asking you to update your details, hang up.
- Do not provide any details or press any number on your handset.
- Your practice will never threaten to suspend or remove a patient by text message.
- If you are unsure about any communication claiming to be from your GP practice, then contact us using the following number **01829 771588**

Cervical screening
can stop cancer
before it starts

Don't ignore your cervical screening invite. If you missed your last cervical screening, **book an appointment with us today.**



CERVICAL
SCREENING
SAVES
LIVES

Quit Smoking
Start Saving

Join the thousands of people who are quitting smoking.



Download the free
NHS Quit Smoking
app to get started.



COUGH?

I'VE GOT A
SUPER BODY

Most children
will feel better
within a few
weeks, without
the need for
antibiotics



Tip before having a blood test!



Staying hydrated is important for overall health, especially before a blood test. Drinking water helps keep your veins fuller, making it easier for the nurse or phlebotomist to draw blood! 😊

The Friends and Family Test



Friends and Family Feedback Results

Every month we ask patients for feedback on how we are doing.

The results for the last quarter (all of which are anonymous) are to the right.

Whilst your feedback has been overwhelmingly positive, the PPG is currently examining more closely the feedback that we have received during the last 12 months. This will help identify whether we are able to act upon any of the criticisms received.

We'll be reporting on this in the next issue.

Watch this space.

Month	% Returns Very Good & Good
December 2024	95%
January 2025	94%
February 2025	95%

We thank you for your very positive feedback. Remember, you can complete this information by text or by following this link on our Website

[Friends and Family Test \(office.com\)](https://www.office.com)

[Homepage - The Village Surgeries Group](https://www.village-surgeries.co.uk)



Feel unsteady when standing or walking?

Use our website to help you stay active & independent

STEADY ON YOUR FEET
Cheshire



Have you tripped over before?

- Complete a guided self-assessment
- Download a personalised action plan
- Discover exercise ideas & local services
- Read about home hazards & safety



Worry about losing your balance?



scan the QR code, or visit:
www.steadyonyourfeet.org/cheshire



SOME AWARENESS DATES: APRIL, MAY AND JUNE



Stress Awareness
Month

April

Increasing public awareness about both the causes and cures for our modern stress epidemic.

[Stress Management Society](#)
[Supporting our NHS people](#)



National Walking
Month

May

Encourages people to walk more throughout May.

[Living Streets](#)



Deaf Awareness Week

5-11 May 2025

The aim of Deaf Awareness Week is to raise awareness of hearing loss in the UK and its impact on people's lives.

[Deaf Awareness Week](#)



Volunteers' Week
2-6 June 2025

The NHS is supported by around 2 million volunteers every year and most NHS organisations celebrate their contribution during National Volunteers' Week.

[Volunteers' Week](#)



BNF Healthy Eating
Week

9-13 June 2024

Have 5-A-Day; drink plenty of water; get active; and try something new.

[British Nutrition Foundation](#)



World Blood Donor Day
14 June

Raising awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.

[Give Blood](#)



Learning Disability Week
16-22 June 2025

Raising awareness about the issues that are important to people with a learning disability and for their families and carers.

[Mencap](#)

Covid-19 Booster Booking System Now Open

As we move into spring, protection from any earlier COVID-19 vaccinations you may have had will be starting to wane. COVID-19 can still be dangerous and even life threatening, particularly for older people and those with a weakened immune system.

Thankfully, for those who are more likely to become seriously ill from COVID-19, the NHS offers a free vaccine in the spring to top up their protection. This was previously known as the 'Spring Booster'.

The National Booking System to book your COVID-19 Booster appointment is now open. As previously, it's really convenient to book your COVID-19 booster at a location of your choice – for example, at your local pharmacy. [Book, change, or cancel a COVID-19 vaccination appointment online – NHS](#)



**Eligible people can book their
spring COVID-19 vaccine
online or via the NHS App**



We all know that it's not always necessary to see a GP. The 'Pharmacy First' service, which was launched at the beginning of 2024, enables community pharmacies to offer care for 7 common conditions following defined clinical pathways.

In addition, your PPG has also produced a clear 'Signposting Infographic' which is available on our Website and which can direct you to NHS Primary Healthcare.

It covers a range of conditions. Just click on each bubble shown in the 'Signposting Infographic' and you'll be able to see exactly what is available in the locality. Please visit our website for more information. [Signposting - The Village Surgeries Group](#)

Repeat prescriptions? ☒

Only order what you need



10% of medicines prescribed nationally are not needed



In Cheshire and Merseyside huge amounts of **medicines are wasted**



Speak to your **pharmacy team** about only ordering what you need



Take your medications when you go into hospital to **avoid waste**

Find out more about our medicine waste campaign at:
cheshireandmerseyside.nhs.uk/medicines-waste

Please email vsg.ppg@nhs.net for more information about becoming involved with the VSG Patient Participation Group.

Our next Meeting Dates – all from 6.30pm

Wednesday 9 April - Farndon Memorial Hall

Wednesday 14 May - Zoom

Wednesday 11 June – The Vault St Alban's Tattenhall

**SHARE YOUR
VIEWS!**

**YOUR PATIENT
PARTICIPATION
GROUP IS
LOOKING FOR
NEW MEMBERS**

