



PATIENT NOTICE

Effective 1st April 2026

We are pleased to share some important and positive news regarding the future of The Village Surgeries Group at Tattenhall and Farndon.

The Village Surgeries Group (Tattenhall and Farndon) and Laurel Bank Surgery (Malpas) will be merging.

For more detail about these exciting plans, please visit our website.

Practice News - The Village Surgeries Group



Our IT Manager, Nikki absolutely SMASHED the TCS London Marathon on Sunday 27 April 2025 in aid of Nerve Tumours UK raising a staggering £3535.00!!

THANK YOU to everyone who supported and sponsored me on my London Marathon journey. Your generosity, encouragement and kind words meant the world to me throughout the training and on the big day itself!! ☺



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.

When should my baby start solid foods?

It's best to wait until your baby is around six months old before you introduce solid foods alongside breast milk or infant formula. This gives your baby time to develop properly so they can cope with solid food.

Breast milk is the best food your baby can have during the first six months. Babies who are not breastfed are more likely to get infections.



How do I know when it's time to wean?

There are three clear signs, which when they appear together from around six months, show that your baby is ready for their first solid foods:

Sit up and hold their head steady	Use their eyes, hands and mouth so they can look at food, pick it up and put it in their mouth	Swallow food rather than push it back out

3 signs mistaken for a baby being ready

Chewing fists	Waking in the night (more than usual)	Wanting extra milk feeds

How much food does my baby need?

In the beginning, your baby will only need a small amount of food each day – so don't worry about how much they eat. The most important thing is trying new foods and flavours and learning to swallow solid food.

They will still be getting most of their energy and nutrients from breast milk or infant formula.



Time to start solid foods?



Weaning doesn't have to be confusing. We have the answers to all your questions, plus top tips and tasty recipes to try.

Search **Start for Life**

We're on Facebook and Instagram too and want to hear your weaning tips and stories!

@BetterHealthStartForLife
#StartForLifeWeaning

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Does my baby still need milk?

Breast milk or infant formula should be your baby's main drink until they are 12 months old, and you can carry on with breast milk for as long as you both want.

TIP

"Follow-on" formula isn't suitable for babies under six months, and you don't need to introduce it after six months.

As time goes on and your baby eats more solids, they may naturally want less breast milk or infant formula. Remember your baby's tummy is tiny and fills up quickly – so offer milk feeds after solids.

What if my baby doesn't want to eat?

It may take 10 tries or even more for your baby to get used to new foods, flavours and textures. There will be days when they eat more, some when they eat less, and then days when they reject everything. Don't worry – it's perfectly normal.

TIP

They might make funny faces, but that doesn't mean they don't like it; they're just getting used to new tastes and textures.

Just keep offering a variety of foods – even the ones they don't seem to like – and let them get used to it in their own time.

How much sugar should my baby eat?

Babies don't need sweet or salty snacks or treats. Even baby versions are not necessary. Many shop-bought packaged snacks can be high in sugar and salt.

Avoid things like biscuits, chocolate, sweets and pastries as they have lots of sugar and babies don't need them.

Sweet drinks like squash, fizzy drinks, milkshakes and fruit juice can have lots of sugar too, so avoid these to help prevent tooth decay. Even baby and toddler drinks can be sugary. Your baby doesn't need these.

Offer sips of water from a cup with meals instead.

Cervical screening invitations are now being sent through the NHS App for women and people with a cervix between the ages of 25 and 64.

NHS Screening
You have a new message

Cervical screening invitations are now being sent through the NHS App

- Download the NHS App.
- Turn on notifications.
- Book and attend your appointment, when invited.

Find out more
[Cervical screening - NHS](#)

Order repeat prescriptions on the NHS App



The surgery are unable to take prescription requests over the telephone.

- easily choose where your prescriptions are sent
- order at a time that suits you
- need help? Access support in the app or visit nhs.uk/helpmeapp

7th September 3pm 2025

We are testing Emergency Alerts on mobile phones across the UK

Our new way to warn you when lives are in danger.
Find out more at gov.uk/alerts



DO YOU HAVE A SECOND PHONE?

If you have a hidden phone due to domestic abuse, please switch this off at this time. Your phone may make a noise, vibrate or read out an alert even if it's on silent.

You can choose to opt out of alerts on this device please visit [Opting out of emergency alerts - GOV.UK](https://gov.uk/alerts) for more information.

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
March 2025	95%
April 2025	94%
May 2025	90%

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](#)

Did you know that your chances of being hospitalised with a respiratory illness reduces if you exercise? This is particularly important if you are not very mobile, are over 65, or have a health condition.

Try to Love Your Lungs this summer by being more active. We're not talking about running a marathon, but just getting outdoors and becoming a bit fitter, especially while the weather is better. We recommend moving a bit more throughout the day, in whatever way works best for you. It's never too late to start exercising and its one of the most effective ways to maintain independence and to ensure we stay steady on our feet.

Here are some top tips to help you Love Your Lungs this summer:

Top tips to LoveYourLungs this summer:



Enjoy the great outdoors



Drink more water during summer months



Exercise regularly to improve your sleep pattern



Activity with a friend or in a group makes it more enjoyable



Don't forget the sun cream

If you have been diagnosed with a lung condition, please ensure when invited by the surgery you attend for your annual review.

SOME AWARENESS DATES: AUGUST AND SEPTEMBER



World breastfeeding
Awareness week
1-7 August 2025

The global campaign that aims to inform, anchor, engage and galvanise action on breastfeeding and related issues.
[World Breastfeeding Awareness Week](#)



Cycle to Work Day
7 August 2025

UK's biggest cycle commuting event.
[Cycle to work day](#)



Urology Awareness Month
September 2025

Urology Awareness Month is an annual campaign running in September to raise awareness of urology diseases.
[Urology Awareness Month](#)



Know Your Numbers Week
8-14 September 2025

Encouraging adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure.
[Know your numbers](#)



Organ Donation Week
22-27 September 2025

Encouraging people to join the NHS Organ Donor Register and encourage people to share their donation decision.
[Organ Donation Week](#)



World's Biggest Coffee
Morning

26 September 2025
Support Macmillan by hosting your own coffee morning to raise awareness.
[Macmillan](#)



ICON week

22-26 September 2025

Raising awareness of infant crying and supporting carers to cope
[ICON week](#)

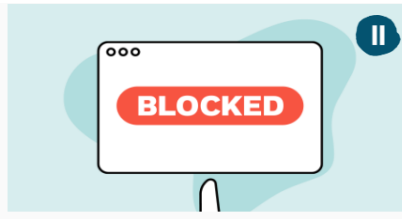
For more information, please visit <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/positively-online>



1. Screen-time savvy

Spending less time on screens is a great way to improve wellbeing both online and offline.

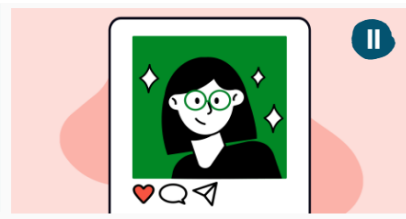
Try setting some limits and boundaries surrounding screens and make use of the wellbeing settings on apps such as Instagram and TikTok, or on your devices.



2. Navigate the negative

Children can see things online that make them feel upset, angry, or cause low self-esteem. If this happens, encourage them to mute or block accounts that do this.

They can also use settings that block words, phrases, or posts they don't want to see. Encourage them to make their online space a positive one!



3. Seeing isn't believing

Remind your child that not everything they see or hear online is true. Encourage them to regularly question what they're viewing. This includes content that might be making them feel bad about themselves, or like they're missing out. If this does happen, you could talk to your child about filters, edited images or the fact that people usually post about the best bits of their lives rather than the boring, everyday bits.



IDENTIFICATION AND REFERRAL TO IMPROVE SAFETY

Domestic Abuse Aware Practice

If you are being hurt or controlled by your current or ex-partner, are afraid of someone at home or a member of your family, you can talk to doctors, nurses and other staff working here, in private.

FOR SUPPORT CALL Cheshire West and Chester Domestic Abuse services ON 0300 1237047 opt2 AND ASK FOR THE IRIS WORKER

IF YOU ARE A WOMAN YOU CAN CALL THE 24 HOUR NATIONAL DOMESTIC ABUSE HELPLINE ON 0808 2000 247

IF YOU ARE A MAN YOU CAN CALL THE MEN'S ADVICE LINE ON 0808 8010 327

IF YOU HAVE BEEN VIOLENT OR ARE WORRIED ABOUT YOUR BEHAVIOUR, CALL RESPECT ON 0808 802 4040



NHS FREE TRAVEL VACCINATIONS

- DTP – Diphtheria Tetanus & Polio
- Cholera
- HEP A
- Typhoid

Available at Tattenhall Surgery, please allow a minimum of 8 weeks, when booking these appointments 😊

EXERCISE SAFELY

You'll receive a 12-week free fitness programme including a 1:1 session with a specialist instructor. They'll create a personalised plan to help you exercise safely and improve your health. You'll be supported along your journey and able to access all of the gyms and swimming pools at Brio Leisure.

Available to people with any of the following:

- Learning or physical disability
- Enduring mental health condition
- Type 2 diabetes

LOSE WEIGHT

You'll have a consultation and weight loss plan created to assist you on your journey which will include personalised advice on diet and nutrition, and up to 12 weeks access to Brio's gyms and pools. You will also be invited to scheduled weigh in sessions and we will be on hand to support you every step of the way.

Available to people with any of the following:

- BMI between 30 and 39.9
- Have an enduring mental health condition or learning or physical disability

Available to those who are:

- Aged 65+ as well as being at risk of a fall

FALLS PREVENTION

You'll receive up to 25 weeks access to our Better Balance classes, designed to improve your strength and balance. Classes are available at a number of community venues across the borough and are completely free. Our instructors will talk you through everything and even provide you with exercises you can do in your own home too.

SEE OUR ELIGIBILITY CHECKER AT www.cheshirechangehub.org

100% CONFIDENTIAL SERVICE

QUIT SMOKING

Go SmokeFree offers free support people for 12 weeks to stop smoking across Cheshire West and Chester. Appointments available throughout the week at one of our local community venues or over the telephone at a time that is convenient to you.

Accessing this scheme couldn't be easier!

Simply head to our website www.cheshirechangehub.org and fill in the self-referral form on our dedicated stop smoking page. Alternatively, you can call us on 0300 777 0033 to register over the phone.

NHS HEALTH CHECK

Helping you prevent diabetes heart disease kidney disease stroke & dementia

AGED 40-74?

If you are over 40, come in for your FREE NHS Health check-up. It is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. A FREE NHS Health Check can help you reduce these risks and make sure that you stay healthy

THESE ARE:

- Being Overweight
- Being Physically Inactive
- Not Eating Healthily
- Smoking
- Drinking Too Much Alcohol
- High Blood Pressure
- High Cholesterol

Why do I need it?

We know that your risk of developing heart disease, stroke, type 2 diabetes, kidney disease and dementia increases with age. There are also certain things that will put you at even greater risk.



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 13th August – No Meeting

Wednesday 10th September – Zoom

Wednesday 8th October – The Vault Tattenhall including AGM

SHARE YOUR VIEWS!

YOUR PATIENT PARTICIPATION GROUP IS LOOKING FOR NEW MEMBERS

