



Get the job – Get flu safe

Do you have?

- Asthma
- Chronic Heart Disease
- Chronic Kidney Disease
- Chronic Liver Disease
- Chronic Neurological Disease
- Chronic Respiratory Disease
- Diabetes
- Immunosuppression



Or are you?

- Aged 65 or over by 31st March 2020
- Pregnant or may be pregnant
- A carer



If any of the above apply to you, then you are eligible for the flu vaccine!

For eligible patients aged 18 and over and who are registered at The Village Surgeries Group, we have the following **DROP IN** Clinics available this year.

Location	Date	Time
Tattenhall Village Surgery	Saturday 19 th October 2019	9am – 12pm
Farndon Village Surgery	Saturday 26 th October 2019	9am – 12pm

Please note: NO APPOINTMENT is necessary!
Just turn up on the day!

Not sure if you are eligible? Check online at:
www.nhs.uk/flu vaccine

If you wish to decline the flu jab this year, please let us know by calling the surgery on **01829 771588**.



PNEUMOCOCCAL VACCINATION

The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the pneumonia vaccine.

Eligibility

- If you are aged 65 and over
- Have a long term health condition

Eligible and want the vaccine?

Call reception today on **01829 771588** to book your appointment.

Not sure if you are eligible?
Check online at:
<https://www.nhs.uk/conditions/vaccinations/when-is-pneumococcal-vaccine-needed/>

KNOW SOMEONE OVER 65?



MAKE SURE THEY TAKE UP THEIR
FREE
PNEUMOCOCCAL VACCINE

SHINGLES VACCINATION

Did you see the article in the last issue?

People in their 70's born on or after 2 September 1942 and those aged 78 or 79 years are eligible for the shingles vaccination.

Eligible? - Call reception today on **01829 771588** to book your appointment.

For more information visit: <https://www.nhs.uk/conditions/vaccinations/shingles-vaccination>

As you get older shingles can be very painful and really affect your quality of life.

Something for ALL the Family

Family Health Hub Day

"Showcasing OUR Communities"

FREE Family Event

Meet your PPG

Refreshments and food available

Hosted by The Village Surgeries Group Patient Participation Group

Saturday 14th September 2019

10am to 4pm

At Farndon Community Club, Sibbersfield Lane, Farndon CH3 6NX

Face painting, fun activities and workshops

MAKING A DIFFERENCE TOGETHER



For more information visit www.facebook.com/thevillagesurgeriesgroup or contact Clare Marsh on vsg.ppg@nhs.net

Our first 'Family Health Hub Day' is just days away! Your PPG has been working hard to bring together an action-packed day which aims to celebrate community engagement at its very best!

We've got workshops, exhibitions, demonstrations and representatives covering everything from yoga, to health and nutrition and mindfulness.

What to expect: Working with a host of local providers, we are aiming to bring everyone within our patient footprint together, to showcase just what we can all do in improving our health and well-being. Suitable for the entire family (*and we know families are highly complex*) – we're hoping to raise social connectedness in promoting awareness, positive health, mindfulness and well-being. It's all about taking small steps

Whom to expect: We have had so many groups volunteering their services – and here's a small sample:

- Regulate your emotions with a 'Rest Easy Session'
- Become a Dementia Friend – our Dementia Champion will be in attendance
- Tattenhall First Responders will be doing some Defibrillator training
- There will be Yoga, Chatbox, Strength and Balance, Relaxation ... the list goes on
- Feast on healthy food options with 'The Sunshine Food Company' who will be in attendance
- Walk the Sandstone Ridge in their upcoming 'Walk and Ride Festival' – their visitor guides and a host of materials and fun games for the children will be available

SAVE THE DATE – We look forward to seeing you!

Public Health England

READY FOR A NEW YOU?

Search One You and take the free How Are You health quiz today.

BECAUSE THERE'S ONLY **ONE YOU**

Patience and Understanding – Dementia Friends

Earlier this summer, some 35 residents braved torrential rain and attended a 'Dementia Information Evening' which was held at the Barbour Institute in Tattenhall.

Our thanks to Rob Catlow, a local Dementia Champion, who ran the session.

The event was filled with anecdotal references and we were challenged to accurately define not only dementia but the correct sequencing in undertaking everyday tasks and, importantly, how to positively assist in what might be described as 'bitesize chunks'.

Our ignorance was both obvious and astonishing and Rob provided some very useful information in empowering us to be more patient and understanding and to assist us in our quest to become a more 'Dementia Friendly Community'.

Here's a reminder of 5 Key Messages relating to Dementia:

- Dementia is not a natural part of ageing
- Dementia is caused by diseases of the brain
- Dementia is not just about losing your memory
- It is possible to live well with dementia
- There's more to a person than the dementia

And, great news everyone, Rob will be at our Family Health Hub Day on 14 September – we look forward to seeing him.





Missed Appointments

We continue our commitment to publish missed appointments with a doctor and/or practice nurse. For the months of May, June and July, **94**, **90** and **103** appointments were missed respectively.

Regrettably, this continues to be a frustration. If you have a pre-booked appointment which you know you will be unable to attend, please let the practice know so that your appointment can be cancelled and re-allocated to someone who might need to see one of our practitioners.

Congratulations to Trevor!

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Colleagues at our VSG continue to raise terrific amounts for charitable causes. Most recently, we congratulate Trevor Ferrigno, who, with members of his family, successfully walked Hadrian's Wall for Parkinson's UK.

That's 84 miles coast to coast in case you wondered and with daily temperatures hitting 25 degrees back in June, that is no mean feat! Huge 'Congratulations' from everyone at the PPG.



So far, Trevor's fundraising page has raised **£890** to support and fund research in finding a cure for Parkinson's.

His page is still open in case you wish to donate: <https://www.justgiving.com/FerrignoHadriansWall>
We are not sure that Emperor Hadrian would have approved of Trevor's 'on trend' walking gear in this former frontier outpost! Feel free to advise Trevor on an image makeover for any future endeavours

Our PPG 'Hearo'

Thanks to everyone who has purchased a 'Squirrel Trail' in Tattenhall – we keep spotting you outside The Surgery!

For patients who don't live in Tattenhall, our PPG Squirrel 'Hearo' which is attached to an external wall at Tattenhall Surgery, is part of a wider 'Squirrel Trail' which is taking place throughout the village.



There are over 50 imaginatively decorated squirrels located in and around the village.

The trail programme is available at a small charge from the local shops e.g. the Post Office on the High Street.

All proceeds are being donated to the **NW Air Ambulance** and over **£1000** has been raised since the launch!

We will advise you of the total amount in our next Newsletter.

So, if you are visiting Tattenhall during the school holidays, pick up a trail programme and contribute to this worthy cause whilst having some fun with all the family!



Early Identification is The Key ...

The Early Identification in Primary Care Service exists to support the staff working in GP surgeries and across Primary Care, to identify and support anyone who is looking after someone who could not manage without their help because of ill health or because of a disability.

We work closely to support staff and to identify carers as early as possible, so that we can put measures in place that support them in their caring role and to minimize any potential negative impact that caring can have on their own mental and physical health and well-being.



For more information search
change 4 life



Care Hub Connecting Patients with Care Providers

Developed by a group of Cheshire GPs, practice managers and service providers, CareHub is a web-based information service that gives everyone the ability to find their own support services or activities.

They carry information on providers, listed by categories, that cover everything from preventing social isolation to local services for vulnerable people, from health-related support groups, educational information and even fun social activities.

At a time when social prescribing and self-care are key motivators for the UK population, Carehub.info is an easy-to-use Website designed for anyone to access providers specific to their own needs or you can approach your local GP Surgery and get help on using CareHub there.

'Helping people help themselves and others'

Defibrillator Update ...

Many of you will already know that there are Defibrillators located throughout our patient catchment.

At the July meeting of your PPG, two issues concerning defibrillators were discussed:

- The need for a 'Community Public Access Defibrillator' (CPAD), to be located in the centre of Tattenhall and which is available 24 hours a day
- The need for an accurate list of where our Defibrillators are located

Tattenhall Defibrillators:

Currently all defibrillators in Tattenhall are located within buildings which are 'variously closed'. Since a CPAD requires a heated cabinet and because there are various planning criteria to fulfil regarding placement, this issue is on the Tattenhall Parish Council Agenda for September. Tattenhall Defibrillators are located at:

- St Alban's Church, Tattenhall
- SPAR, High Street Tattenhall
- Barbour Institute, Tattenhall
- The Studio, Worley Court, Bolesworth Road, Tattenhall
- Tattenhall Recreation Club, Field Lane, Tattenhall
- The Pheasant Inn, Higher Burwardsley
- The Village Surgery, Ravensholme Lane, Tattenhall

Farndon, Holt and Churton Defibrillators:

- Outside the Pharmacy in Farndon
- Outside the NISA Store (formerly SPAR) in Holt
- Outside the Village Hall in Churton



The next Defibrillator Training Course run by Tattenhall First Responders is on **23 November 2019** at The Studio in Tattenhall — it is quite useful to attend one of these sessions to simply break down the barriers and the fear in using a Defibrillator **BUT** lack of training/refresher training should not be a barrier to someone using a Defibrillator. Voice prompts take the lay person right through the procedure. Importantly, if you are prepared to use a Defibrillator, do not be inhibited, since you cannot render harm to the patient.

To book a place, phone either:

Lynn Owen on **01829 771895**

or **Rob Selby** on **01829 770586**



Please Note: Tattenhall First Responders will also be doing a training course at the Family Health Hub Day on 14th September. Book your place now by emailing vsq.ppg@nhs.net

Taking ANTIBIOTICS when you don't need them puts you and your family at risk

Keep Antibiotics Working



WHEN STROKE STRIKES, ACT F.A.S.T.

FACE
HAS THEIR FACE FALLEN ON ONE SIDE?
CAN THEY SMILE?

ARMS
CAN THEY RAISE BOTH ARMS AND KEEP THEM THERE?

SPEECH
IS THEIR SPEECH SLURRED?

TIME
IF YOU NOTICE ANY OF THESE SIGNS MAKE THE CALL **DIAL 999**

Charles Bosah
STROKE SURVIVOR

'Our Annual General Meeting will be held on Tuesday 1st October 2019 at Tattenhall Village Surgery at 6.30pm'

