



VSG PPG



Village Surgeries Patient Participation Group
01829 771588

TATTENHALL & FARNDON NEWSLETTER SUMMER 2021 ISSUE 12 - email – vsg.ppg@nhs.net



Where do we start? We have so many reasons to say thank you!
Firstly you, our patients: your patience and understanding throughout Covid times has allowed the surgery to operate each day and your support with our Covid Vaccination programme allowed it to be a phenomenal success!!

On the 7th January 2021 six rural GP practices came together at Cheshire View Christleton. 23,750 vaccinations took place over the programme including care home and housebound patients. The weekly clinics were absolutely heart warming and something the team at VSG will never forget and they feel extremely proud to have been a part of history, in giving hope in the fight against Covid-19. The clinics were supported by an amazing group of volunteers aged from 18 into their 70s. Whatever the weather behind their masks they always had ginormous smiles on their faces! What a fabulous team!! Thank you, it couldn't have been done without your help! The staff at Cheshire View also took great care of the Rural Alliance staff. Thank you to every patient, and the Rural Alliance Team, who walked through the clinic doors - all of your support ensured the success of this programme!

This is our 'Hello'!! Your PPG has missed keeping you updated but we are back bigger and better!! Throughout lockdown we have continued to hold our monthly meetings but instead of gathering at the surgeries we now have our sessions via Zoom. We have welcomed new members and have been regularly updated by the surgery. Our plan now is to be in regular communication with everyone, producing our newsletters again, and we are always looking for patients to join our group and become part of being a 'critical friend' to the surgeries. We are looking forward to keeping you updated

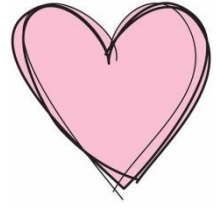


PPG Meeting Dates
Tuesday 21st September
Tuesday 12th October
AGM + Meeting
All sessions take place
from 6.30pm via Zoom

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



It is with great sadness that the PPG mourn a founder member, David Hughes, who died in April 2021. David was known to many people in Farndon and Holt – always ready with a smile and time to chat. He took his role on the PPG (a critical friend of the VSG) very seriously and people were happy to contact him about issues they had with the practice and he brought those problems to meetings to be discussed and resolved. We already miss David's enthusiasm and ready smile



In his memory the VSG is placing a bench near the wall inside the surgery grounds so that people can seat themselves and take time to reflect and chat to others – a 'Happy to Chat' bench. Next time you're waiting for a friend or relative, or in for an appointment and the weather is suitable why not sit yourself downand maybe someone will join you!

'HAPPY TO CHAT BENCHES'

Your PPG have been active throughout lockdown in organising the installation of two benches at both surgeries. The basis of this being that if someone is sitting on the bench they are 'happy to chat'. Social isolation and loneliness has become a concern to the PPG and as part of rural villages we felt this was an opportunity to help our communities to connect. We will keep you updated on the progress of this project and hopefully installation will be taking place over the coming months

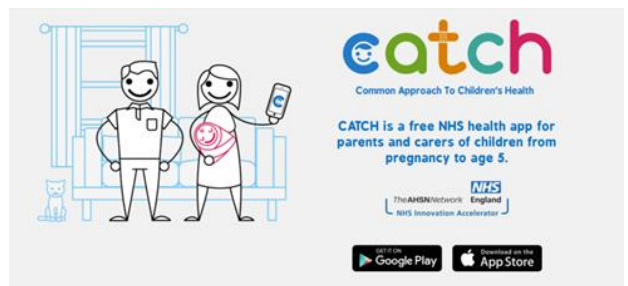


CLINICAL PHARMACIST UPDATE - My name is Shin Man Lo, known as Shin. I am the new clinical pharmacist at the Village Surgeries Group. I have a background of working in community pharmacy for many years. My current role at the surgery is to deal with queries relating to medication from patients or clinical colleagues within the surgeries. I also assist in the GPs' safe prescribing and medicines management policies. Currently reception can add patients to my call list so if you feel I may be able to help with a query you have, then please call the surgery and ask to speak to me.

GP Surgeries are not an A+E please help us to help you

The surgeries have recently encountered situations where patients have arrived with conditions for which they should have gone straight to A+E or called 999. Within the practices we have limited access to specialist emergency equipment and for your own personal safety in these circumstances they are not the place to be. Please in urgent situations do not waste vital time by attending the practices, such as any urgent situations with young ones, anyone experiencing chest pains or shortness of breath, severe allergic reactions; anything of major concern please attend the nearest A+E for specialist care

Outside of work, I like gardening and going for walks in the countryside. Last year I started to make my own compost and grow vegetables and cut flowers in my garden.



The [#CATCH](#) app is a very useful tool for anyone looking after little ones. It contains useful information about emergency care for children, services available in the local area and information on routine care such as immunizations and medication. Get it wherever you get your apps [#ChooseWellCheshire](#)



If you need **urgent support** for your mental health, please call the mental health **helpline on 0800 145 6485** and their dedicated local staff will support you to access the help you need. The phone line is open 24 hours a day, seven days a week and is open to people of all ages including children and young people. The phone line is now the **first port of call** for mental health help. It is operated by people in your local area who will know how best to support you.

We have all experienced a feeling of being overwhelmed especially throughout lockdown; sometimes we need to press the pause button or ask for help. The VSG have been experiencing a high increase in calls, particularly from men in need of mental health advice and support. Is there a friend whom you haven't heard from in a while? We are asking you to please check in with them, ask them for a catch up. Sometimes with mental health issues it is easier to hide away. If someone you love is experiencing a mental health crisis and is in imminent danger of self harm, A+E is a place of safety.

We also have the fabulous new facility called Spider Project Café 71 - a safe community space in the centre of Chester for anyone struggling to cope in a crisis. Café 71 is open 10am to midnight every day for crisis support if you are 18+ and feeling emotionally distressed or overwhelmed. The project is run by professionals and volunteers who listen, care and support, helping you to work through challenges and to access other support and advice.

Café 71 follows Spider Project's creative recovery model by offering a wide range of social & educational activities. Please call 01244 393139 or visit 71-77 St Anne Street Chester CH1 3HT



I said one day. This is day one.

Get help and support to get active at nhs.uk/BetterHealth

NHS

Better Health Let's do this

Please contact the surgery if you would like more information about the Better Health Campaign; they can help with support and advice

Please visit <https://www.nhs.uk/every-mind-matters> for valuable tips and ideas

Manage your worries

Lots of us have had extra concerns or anxiety because of COVID-19. There are things you can do in your day to help manage your worries, like talking to someone you trust and switching off from the news.

Using techniques like reframing from unhelpful thoughts might also help.

Focus on the present

When there is lots of change happening, we can get caught up in worrying about the future and the past. Instead, try to shift your focus to the present – make plans but try not to dwell on "what ifs" or what was "supposed" to happen. Relaxation, mindfulness or getting outside and enjoying nature are all good ways to help you focus on the present.



FLU SEASON IS ON THE WAY
This year 'flu clinics will be by appointment only and NOT drop in



HELP US HELP YOU
STAY WELL THIS WINTER

BOOKING INFORMATION COMING SOON!

Please visit our Website and follow our Facebook page for Flu Clinic Updates!! 😊

Booked appointments will ensure social distancing is in place for your safety.

Please note: you will be asked to wear a facemask and to sanitise your hands on arrival.

If you are eligible but you wish to decline your flu vaccine please contact the surgery and speak with one of the receptionists .

Please use your local pharmacy; as qualified healthcare professionals they can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble, urine infections and aches and pains. If symptoms suggest it's something more serious, pharmacists have the right training to make sure you get the help you need.

For example, they will tell you if you need to see a GP, nurse or other healthcare professional. All pharmacists train for 5 years in the use of medicines. They are also trained in managing minor illnesses and providing health and wellbeing advice. Many pharmacies are open until late and at weekends; you do not need an appointment. Most pharmacies have a private consultation room where you can discuss issues with pharmacy staff without being overheard.

We would like to wish Graham Rigby a happy retirement after 32 dedicated years to the patients at Farndon Surgery and we would like to extend a warm welcome to Ash and his team at Farndon Pharmacy.

Thank you to Tattenhall, Waverton and Farndon Pharmacies for their devoted and committed work in taking care of our patients.



SOME SIMPLE TIPS FOR IMPROVING YOUR SLEEP

NHS



TIP 01

Keep regular sleep hours

TIP 02

Attempt not to check your phone for an hour before bed

TIP 03

Consider turning your clock away so you can't see it

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.

Visit Every Mind Matters for more tips and advice

Better Health every mind matters

NHS

Let's get back to the things we love.



The COVID-19 vaccine is the best way to protect yourself and others from the virus. Join the millions who have already had their first vaccination.

FARNDON SURGERY: NEW OPENING HOURS
MONDAY TO THURSDAY 8.30am – 5.30pm
FRIDAYS 8.30am – 1pm

Telephone calls will still be answered until 6.30pm

HM Government

NHS

Let's keep life moving.

FRESH AIR TESTING FACE COVERINGS APP HANDWASHING

gov.uk/coronavirus

ATTENTION PATIENTS LIVING IN WALES:



Please be aware of our opening hours for collecting NHS printed prescriptions. For your convenience please enquire about having your prescription sent to Farndon, you may be eligible for free prescriptions without having to go to a Welsh Pharmacy.

The electronic prescription service is easy and convenient to use, you can order online and collect your 'script from Farndon Doctors Surgery.

Please check if you are eligible for free prescriptions <https://services.nhsbsa.nhs.uk/check-for-help-paying-nhs-costs/start>

We look forward to keeping in touch with you all The VSG PPG

