



## PARKING AT FARNDON SURGERY

‘You spoke ..... We listened’

Having received a comment from one of our patients that the two marked disabled parking bays at Farndon were not fit for purpose, your PPG (together with the support of the practice team) investigated the issue further. Realistically, any user of the marked bays would readily identify that one of the two bays was simply unusable; a result of the configuration of the practice building. Without doubt, it made sense to create one large disabled parking bay which would improve access and be fit for purpose. A working party was established and the result of their labours is shown in the photograph. Our thanks to the Practice for their inputs and financial support.



*Re-painting of the markings of the disabled bays at the Tattenhall Surgery will also take place this summer (WEATHER PERMITTING)*

If you think **alcohol** is affecting your **mental health**, making small changes to your **drinking** can help you feel better.

**ALCOHOL**  
**CHANGE**<sup>UK</sup>

[Alcohol Change UK charity: Alcohol harms. Time for change. | Alcohol Change UK](http://www.alcoholchange.org.uk)

For the facts on alcohol and mental health:  
[www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)



**Friends and Family Feedback Results**

Every month we ask patients the following three simple questions which provide us with real time feedback on how we are doing.

The three questions are:

1. Thinking about your GP practice overall, how was your recent experience of our service
2. Please can you tell us why you gave that answer
3. Please can you tell us anything that we could have done better

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

Month	% Returns Very Good & Good
March 2024	93%
April 2024	92%
May 2024	94%

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](#)

#CoverUpMate



Since the 1970s, skin cancer incidence rates have increased **544%** among men

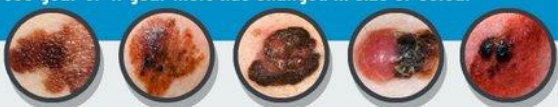
**44%** of work related skin cancer deaths

were linked to construction work

You're at higher risk of skin cancer if you have:  
Pale skin, red or blonde hair, blue eyes, freckles, sunburn, or spend time working outdoors.



- A** symmetry - Melanoma moles are generally asymmetrical
- B** order - Cancerous moles usually have irregular, hard to define borders
- C** olour - Moles made up of more than one colour may be cancerous
- D** iameter - Melanoma lesions are often larger than 6mm in diameter
- E** volution - See your GP if your mole has changed in size or colour



Skin Cancer Awareness – Slip, Slop, Slap....

Directly the sun comes out we tend to uncover areas of our skin which are not normally exposed. Summer holidays are also fast approaching and you might be heading off to warmer locations.

Whilst sunlight is good for all of us and is essential to our health and wellbeing, sunburn and the use of sunbeds is not.

The golden rules are to:

- ✓ Slip on sun protective clothing.
- ✓ Slop on some high protective sunscreen and regularly reapply.
- ✓ Slap on a broad-rimmed hat to protect your face, nose, ears and neck.
- ✓ Seek shade whenever you can and don't go out in the midday sun.
- ✓ Slide on some sunglasses to protect your eyes.

# 10 Summer Gardening Injury Prevention Tips

While gardening has many health benefits, it also is a physically demanding activity that can place strain and stress on your body. Check out our tips to prevent injury!

## 1. WARM UP

Do a 10 minute stretch & muscle warm-up before gardening to loosen your muscles and joints and decrease the risk of straining a muscle.

## 2. EASE INTO GARDENING

Don't overdo it with a 3 hour initial gardening session. Invest twenty to thirty minutes of gardening at a time and add more time as your body gets used to the demands of gardening.

## 3. VARY YOUR GARDENING TASKS

Avoid staying in one position for too long and overworking certain parts of your body, Alternate weeding & digging with watering and harvesting.

## 4. USE PROPER LIFTING TECHNIQUE

Lift using your legs, not your back. Keep the object close to your body and do not twist or strain your low back. When moving a heavy item, think push-pull-carry.

## 5. USE & MAINTAIN GARDENING TOOLS

Use wheelbarrows, tarp, carts, and ergonomic tools. Maintain your tools by sharpening dull blades and use long-handled tools with easy to grip handles.

## 6. AVOID BENDING YOUR WRIST UPWARDS WHEN USING TOOLS.

Keep your wrist straight and use your shoulder muscles to pull and lift to reduce wrist strain.

## 7. ALTERNATE KNEES WHEN KNEELING OR USE A GARDEN STOOL.

Kneeling on both knees can cause knee and back pain. Kneel on one knee with the other foot on the ground and alternate.

## 8. USE CORRECT TECHNIQUE WHEN DIGGING OR SHOVELING.

Insert the head of the shovel vertically into the ground & step on the blade. Lift small amounts of dirt at a time.

## 9. COOL DOWN & STRETCH AT THE CLOSE OF YOUR GARDENING SESSION.

Stretch your back, neck, & limbs to prevent strain & cramping. Do a short cool-down walk around the garden.

## 10. USE FLOWER BOXES, POTS, & RAISED BEDS.

Using a vertical garden or hanging baskets are other ways to garden without needing to bend and kneel.



## Gardening Safety Tips

- ✓ Tools such as rakes, spades, pruning clippers, chainsaws etc. should not be left lying around when not in use.
- ✓ When using power tools read instructions before use.
- ✓ Inspect for frayed power cords or broken casings.
- ✓ Ensure suitable for outdoor use.
- ✓ Never use tools in wet environments unless they are labelled 'immersible'.
- ✓ Before plugging in ensure power switch is in 'off' position.
- ✓ Wear gloves & protective clothing if using pesticides or chemicals.
- ✓ Some plants can be harmful to you and your pets.
- ✓ Always wash hands after any gardening activity.

With BBQs - safety comes first!

## STAYING SAFE AS YOU MAKE YOUR GARDEN GROW



### WHEN GARDENING:

WEAR GLOVES, LONG SLEEVES, LONG PANTS, AND PROTECTIVE FOOTWEAR TO LOWER THE RISK OF CUTS AND SCRAPES.

### BONUS PROTECTIONS\*

HAT AND SUNSCREEN

\*CAN PROTECT YOUR SKIN FROM PROLONGED EXPOSURE TO THE SUN.

## MEET YOUR GP PRACTICE TEAM 😊

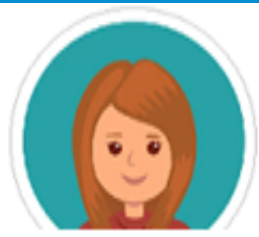
Here are some of the great team of professionals looking after you



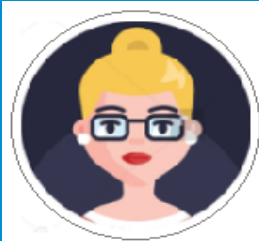
Our Practice Manager, Kate Evans, is responsible for overseeing all of the VSG Team, our patients and all of the administrative and business operational aspects of the Practice. This includes hiring employees, ensuring compliance with regulations and managing the budget of the Practice.



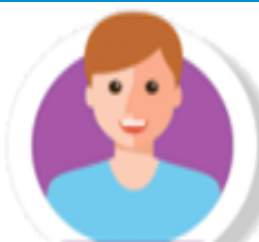
Trevor Ferrigno is our Patient Services Manager and he works alongside our Practice Manager. Trevor is involved with some of the business aspects of the Practice such as making sure that the right systems are in place to provide a high quality of patient care, human resources, finance, patient safety, premises and equipment and information technology.



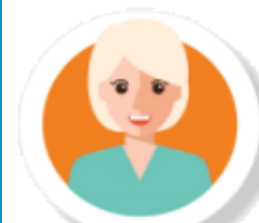
Our 6 GP's are the medical experts who treat all common medical conditions and who can refer patients to hospitals & other medical specialists. They are trained to consider the patients' care & wellbeing needs holistically; beyond just ill-health. They focus on health, combining physical, psychological and social aspects of care and provide support to other primary care professionals.



Gill, Jo and Ruth are our Advanced Nurse Practitioners who are trained health care professionals, having undertaken extra training in clinical assessment. They provide crucial support to our doctors & have regular direct contact with patients. They can also make treatment decisions, including ordering necessary investigations, referring to other services & can prescribe medication.



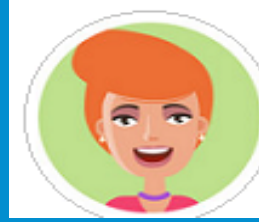
Nicola, Lucie and Charlotte are our Practice Nurses. As well as administering injections, providing wound care and lifestyle advice and delivering childhood immunisations, practice nurses are qualified to carry out reviews of a number of long-term conditions such as diabetes, respiratory conditions such as asthma/copd and women's health issues (e.g. cervical screening).



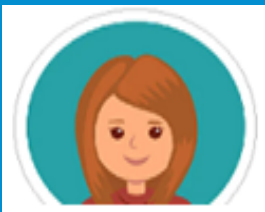
Jackie is our Health Care Assistant (HCA) and she provides vital services within our GP Practice, including taking blood samples from patients, performing ECGs, administering vaccines, monitoring and recording patients' conditions.



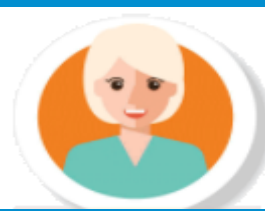
Anna is our Phlebotomist taking blood samples from patients, which are then examined in a laboratory. The results can then be used to quickly diagnose diseases and conditions. Phlebotomists determine the correct venepuncture method based on the patient.



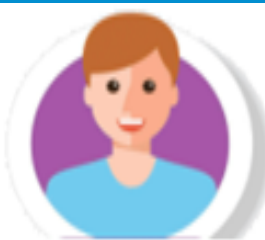
Shin is our Clinical Pharmacist, providing specialist advice on medication. She can provide quick & efficient solutions to prescription queries and carry out medication reviews for patients with ongoing health problems as well as supporting patients in managing chronic conditions. Louise is our Medicine Manager who works alongside Shin and Tilly.



Tilly is our Pharmacy Technician who supports Shin our Clinical Pharmacist. Tilly can provide quick & efficient solutions to prescription queries, medicines reconciliation after discharge from hospital, reviewing, querying and adding medicines requested in outpatient letters.



Rachel is our Specialist Dementia Nurse who will lead, deliver and coordinate relationship-centred dementia care in order to improve the experience of carers and families affected by dementia. The nurse will help with complex needs, as well as during an acute stay and transitions of care.



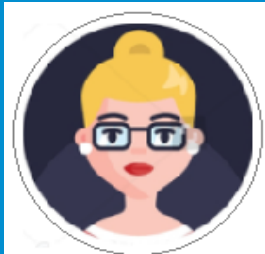
We have a Midwife team that visit Tattenhall Surgery and expectant mums can self-refer to the Countess of Chester Maternity Services by calling the booking hotline on: 01244 363487. Health Visitors (for 0-5yrs) are fundamental in ensuring every child has the best start in life. They work with families with a new baby from late in the antenatal period and up to five years of age.



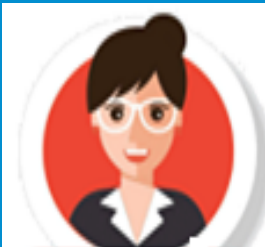
Physio First – Ruth, Heather and Jon have expertise in the assessment & management of musculoskeletal conditions which include all MSK pain, arthritis (any joint) and they offer treatment for those with injury, illness or disability through movement and exercise, manual therapy, education and advice. They can refer for imaging and surgical opinion where needed.



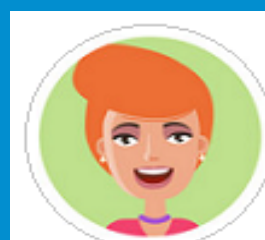
District Nurses provide increasingly complex care for patients and support for family members. They assess the healthcare needs of housebound patients and families, monitor the quality of care they're receiving and are accountable for its delivery. Patients could be any age, may have been recently discharged from hospital, be terminally ill or have physical disabilities.



Social Prescribers can help to reduce health inequalities by supporting people to unpick complex issues affecting their wellbeing & enable patient to have more control over their lives, develop skills & give their time to others, through involvement in community groups. They can also visit people in their homes, where needed and encourage social inclusion.



Our team of 13 Receptionists are your first point of contact. Committed to confidentiality, they have a key role in care navigation to the most appropriate service or professional to help you. They may need to ask you for more information to do so. Their duties are many and varied & include answering the telephone, covering reception, booking appointments, sorting mail etc.



The day-to-day administrative work is carried out by a team of staff including Medical Secretaries who provide support to our GP's and other members of the Primary Health Care Team. Their work includes typing letters, reports and referrals and monitoring incoming documents from hospitals.

**Your VSG has a specialist team and seeing a GP isn't always necessary. We hope the above helps you in understanding the individual roles of our team and in accessing the best care for your concerns.**



Save the date!!

The UK's biggest celebration of cycle commuting is back on Thursday 1st August 2024! Whether you've never cycled before, not ridden in a while or cycle every day, Cycle to Work Day is for you. It's a day to get in the saddle and experience the brilliant benefits everyday cycling offers – mental, physical and financial – first-hand. Keep checking back on the Cycle to Work website for updates and to learn more about the celebration of everyday cycling soon.

Cycle to Work Day is 1st August 2024 - Cyclescheme

# SUICIDE

the biggest killer of young people in the UK.

## HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be, you can contact **HOPELINEUK** for confidential support and practical advice.

Call: 0800 068 4141

Text: 07786209697

Email: pat@papyrus-uk.org

Opening hours:

10am - 10pm weekdays

2pm - 10pm weekends

2pm - 10pm bank holidays

[www.papyrus-uk.org](http://www.papyrus-uk.org)



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE



## Over 40? You need to know your blood pressure



Around 1 in 4 adults in the UK have high blood pressure, but many don't know it. It can increase your risk of having a heart attack or stroke.

Knowing what your blood pressure numbers mean could save your life.

To find out how to get checked and manage your risk, visit [nhs.uk/bloodpressure](http://nhs.uk/bloodpressure)

Your health matters

Help us help you

**Better Health** Start for Life

LOAD THEM UP...



90% of brain growth happens before the age of five. What you do together can make a huge difference.

Search Start for Life for tips and advice.

[Start for Life home - NHS \(www.nhs.uk\)](http://www.nhs.uk)



# I've got this

New moves. New foods. New habits. We've got ideas to get you started today.

Get help and support at [nhs.uk/BetterHealth](http://nhs.uk/BetterHealth)

**Better Health** Let's do this

## Update from Claire Lockerbie our Healthbox Social Prescriber

Social Prescribing can help to support people with the social issues that affect their health and wellbeing, so if anyone is struggling with the cost of living, finances, employment, housing, support for being a carer, low level mental health (including anxiety, low mood and stress), loneliness and isolation, or if they simply want to be connected to groups in the community, then we will be happy to support them. Please speak to a receptionist at the Surgery for more information.

- Monday - Chair Based Yoga Malpas
- Tuesday - Talking Tables Kelsall Wellbeing Hub
- Wednesday - Wellbeing Walk and Brain Yoga Tattenhall
- Thursday - Chatty Café Tarporley
- Friday - Brain Yoga Kelsall

*Please contact reception for more information regarding attending these group activities.*

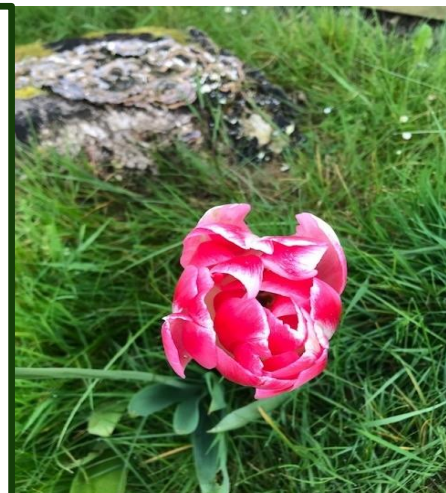
**“It starts with a conversation”**  
Monthly Walk With A Doc is accessible to all our patients

### Wildflower Project Tattenhall

Have you spotted our gorgeous spring life at the surgery? Please also remember our ‘Happy To Chat’ benches at both of the surgeries; ten minutes sat taking in the sounds and sights of nature can work wonders for the health of the body and mind.

Someone may also join you for a chat!

We kindly ask pet-owners to keep their pets off the planted area as they mature. Thank you for your understanding.



# HEALTHBOX

COMMUNITY WELLBEING SERVICES

MONTHLY

## WALK WITH A DOC

TARPORLEY

### Come & Join Us!

Improve your health and wellbeing by joining us for a walk around Tarporley. Enjoy the fresh outdoors, get some steps in and have a chat with your local GP and Social Prescriber.

Everyone & All Abilities Welcome!

Hosted by your local GP (Dr Kathryn Cheong) and Social Prescriber (Claire), it's **free** to attend.

Children and well-behaved dogs (on leads) are also welcome too. May not be suitable for prams / pushchairs (please contact before attending)

For more info, just pop along, or contact Claire - [claire@healthboxcic.com](mailto:claire@healthboxcic.com) (07825 688340)

walk with a DOC  
educate. exercise. empower.

1st Monday of the month

10.30-11.30 am

Meet at Tarporley Community Centre Car Park

 @RuralAlliance SocialPrescribing

walk with a DOC



HEALTHBOX  
COMMUNITY WELLBEING SERVICES

RURAL ALLIANCE  
Providing NHS services

Please email [vsg.ppg@nhs.net](mailto:vsg.ppg@nhs.net) for more information about becoming involved with the VSG Patient Participation Group. Next Meeting Dates from 6.30pm

Wednesday 10<sup>th</sup> July: ZOOM

August: No Meeting – Summer Break

Wednesday 11<sup>th</sup> September: Farndon Memorial Hall

Wednesday 9<sup>th</sup> October AGM + Meeting: The Vault, Tattenhall

