



VSG PPG

Village Surgeries Patient Participation Group



TATTENHALL & FARNDON NEWSLETTER OCTOBER 2024 ISSUE 25 email – vsg.ppg@nhs.net

Flu Clinic Dates Reminder! Farndon Sat. 12th October and Tattenhall Sat. 26th October



I was diagnosed with Breast Cancer in 2021; the words we all dread to hear. My world felt like it did a very large 360-degree spin in most directions, and I knew my life was going on a different journey than I had thought and planned. As most of you know I was off work for 12 months while I underwent two large surgical procedures, chemotherapy and radiotherapy. I continue with my treatment and with regular monitoring. I can never thank everyone enough for their incredible support through my initial treatment and still now. It helps to make the battle easier as it's not an easy journey.

As I always say small steps make big strides and so I've knocked the dust off my bike to start training for a 450km cycle ride across Vietnam and Cambodia. I am more determined than ever to help others facing a similar journey. I have self-funded the trip and all money raised will go directly to Women v Cancer. This charity supports Breast Cancer Now and Ovarian Cancer Action. They are committed to raising funds to support vital research, support services and help people through their treatment. None of us knows what's around the corner but everyone is affected by cancer, either themselves or in supporting others with cancer. We need to keep trying to fight the cruel big C. Any donations how every small would be gratefully appreciated.

Thank you for all your ongoing support, *Melissa xx*

<https://www.justgiving.com/page/melissa-siddorn-1726589452009>



VISIT - Free Quit Smoking Service in Cheshire (cheshirechangehub.org)

Stopping smoking to breathe easier this Stoptober?



You've got this.

Get free support



The great news is that all Nicotine Replacement Therapy, which includes patches, gums, sprays and other types are completely free!

Other treatments are available, for which there may be a prescription charge if you normally pay.



The Friends and Family Test



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:

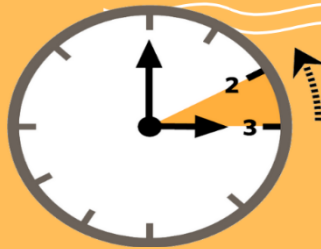
Month	% Returns Very Good & Good
June 2024	91%
July 2024	92%
August 2024	89%

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](#)

REMEMBER TO CHANGE THE TIME



27th October Clocks Go Back!

5 Top winter workout tips

1.

LAYER UP

Base layer, middle layer and a trusty windbreaker.

2.

OPT FOR BRIGHT COLOURS

Black may be slimming, but bright clothes are better for outdoor exercise.

3.

WARM-UP(LITERALLY)

When working out in colder temperatures, you're at increased risk of injury.

4.

KEEP HYDRATED

You may not feel as thirsty but it's crucial to replace the fluids you're using.

5.

MIX IT UP

Too bad outside? Try something different and make the most of the indoor space you have!

Top Tips To help you head into the Darker Nights!

Shorter daylight hours can lead to mood swings, depression and feelings of isolation. These add up to SAD (*Seasonal Affective Disorder*). As the days get shorter, please don't feel SAD! If you are feeling that way, some of these tips may help!

- Try to get as much natural sunlight as possible even if you are only outside for a short while - it might be that you need a top up of Vitamin D in the winter months.
- Eat a healthy and balanced diet and include mood-boosting foods – especially fish, fruit and vegetables.
- Resist the urge to hibernate – try and take some exercise daily, even when it's tempting to stay indoors. If you can't get out easily, then call a friend you haven't spoken to in a while and cheer them up too!
- Fill you home with light - pull back those curtains and create an airy environment - even for a short while daily and particularly if you work from home.
- Practice kindness; chatting to your neighbours is good for you and for them.
- Reduce your use of social media – sometimes we just need to disconnect.

[Overview - Seasonal affective disorder \(SAD\) - NHS \(www.nhs.uk\)](#)



Running for a Cause: Nikki Roseblade Takes on the 2025 London Marathon

We are excited to announce that our IT Manager, will be participating in the 2025 London Marathon, running in support of Nerve Tumours UK. This charity is especially meaningful to Nikki, as she herself lives with Neurofibromatosis Type 1 (NF1), a condition that Nerve Tumours UK is dedicated to supporting.

Nerve Tumours UK is a national charity that provides essential care and resources for those affected by Neurofibromatosis (NF), a group of genetic conditions that cause tumours to grow on nerves throughout the body. NF can lead to a variety of health challenges, including learning difficulties, physical disabilities, and in severe cases, life-threatening complications. The charity plays a vital role in funding research, raising awareness, and offering support to individuals and families affected by these conditions.

Nikki considers herself fortunate to have a milder form of NF1, which has allowed her to live her life relatively unaffected. However, she is acutely aware that many others with the condition face far greater challenges. By running the London Marathon, Nikki hopes to raise both awareness and funds to help those who are less fortunate than herself.

Your support can make a significant difference. By donating to Nikki's JustGiving Page, you will be helping Nerve Tumours UK continue its invaluable work, providing hope and support to countless individuals and families.



Please join us in supporting
Nikki's marathon journey and this worthy cause.
Every donation, no matter the size,
will have a meaningful impact.

https://www.justgiving.com/page/nikkirosebladelondonmarathon2025?fbclid=IwZXh0bgNhZW0CMTEAR1mYdq697KQyVMoFe4BjR4GNFok7SayuzsENaghEdGbdU4UxE23p3qvCXI_aem_tUiYpQyw7XKpu24EGGNdXQ

Do more with the NHS App!



- Order repeat prescriptions
- Use NHS 111 online
- Find NHS services
- View your GP health record
- Book appointments
- Get reminders and messages

And much more...

You can also use these services by logging in through the NHS website

Need help?
Get support in the app or visit nhs.uk/helpmeapp



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Have you downloaded the
NHS App yet??
Keep in touch with your
health provider.

How it works - NHS App messaging is a new service which allows your health provider to send NHS App users an in-app message where they would normally receive a message via a more traditional channel, like SMS.

Ensure that you have the Allow Notifications switched on within the NHS App on your device, so that you are prompted to read the message in the app.

This can be done in the NHS App or in the device settings. →

Notifications preferences may take 24 hours to take effect. If a message is not successfully delivered to the NHS App, you will automatically receive a message via another channel such as SMS. This is to ensure the patient receives the message.

To Receive Notifications from
the NHS App please follow
these steps.

- Select the Settings icon on your phone.



- Scroll through your App list until you find the NHS App icon.



- Select Notifications.



- Slide across – Allow Notifications



Alternatively log into the NHS App and select the Account icon in the top corner. Select Settings select Manage Notifications follow the link to your device settings.

SOME AWARENESS DATES: OCTOBER, NOVEMBER & DECEMBER



Breast Cancer Awareness Month
October 2024

To raise awareness for the disease and to raise funds for research. Information and free resources to help you with local campaigns.
[Breast Cancer Now](#)



Baby Loss Awareness Week
9-15 October 2024

Give anyone touched by pregnancy and baby loss, a safe and supportive space to share their experiences and feel that they are not alone.
[Babyloss Awareness](#)



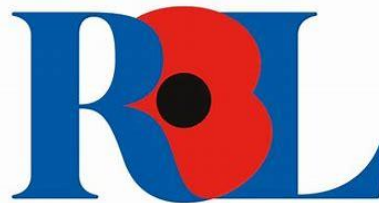
World Menopause Awareness Day
18 October 2024

Raising awareness for women who are feeling lost and going through the Menopause and need support.
[International Menopause Society](#)



Movember - Men's Health Awareness Month
November 2024

Responsible for thousands of moustaches on men's faces. Aims to raise vital funds and awareness for men's health.
[Movember UK](#)
[Mental health in the workplace](#)



ROYAL BRITISH LEGION

Remembrance Sunday

10 November 2024
Remembering the service and sacrifice of all those that have defended our freedoms.

[Remembrance Sunday](#)



Trans Awareness Week

13-19 November 2024

This week helps raise the visibility of transgender people and address issues members of the community face.
[GLAAD](#)



International Day of Persons with Disabilities

3 DECEMBER

International Day of People with Disabilities
3 December 2024

Since 1992, the United Nations IDPD has been annually celebrated around the world.

[UN IDPD](#)



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.

Are you struggling with your baby crying? Speak to your Midwife or Health Visitor about ICON



ICON
Babies Cry, You Can Cope!



Where are you?



DID NOT ATTEND RADIOLOGY!!!

The Surgery has reported a huge increase in patients not attending the Countess of Chester Hospital for requested X-rays of all types; including MRI's and Ultrasounds. This must STOP. The cost to the hospital is unacceptable, along with wasted GP time to request the test. If you cannot make an appointment, then **PLEASE CANCEL** to allow others to utilise the space.



You spoke and we listened ...

You will remember that in the July summer Newsletter, we reported that members of the PPG had repainted the disabled parking bays at the Farndon Surgery Car Park. And, so it came to pass, our street artists have been out again. The weather held, and, as promised, the disabled parking bays at the Tattenhall Surgery Car Park have been repainted too! Not quite a 'Banksy' but many thanks to those that gave up their time.



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

Next Meeting Dates from 6.30pm

Wednesday 13th November : Zoom

Wednesday 11th December: Farndon Memorial Hall

