



Meet the Team.....
Dr Will Staff and Dr Faizan Sawar, our new GP's.
What made you want to become a GP?
Will - Well I always wanted a job with variety and originally wanted to be an A&E Doctor but after a couple of years I started to miss getting to know patients on a personal level; something you can do in general practice.
Faizan - I like to focus on the whole person and specifically on prevention and early treatment.
Tea or coffee and favourite biscuit?
Will - Well, it was tea, until I moved to London - the water there is awful and a skin forms on the top of a cup of tea. So, for the past nine years I've had to drink coffee. Since returning north, I'm slowly getting used to drinking tea again! And, definitely a chocolate Hobnob!
Faizan – Tea and Lotus biscuits (delicious)!



One thing on your bucket list? Skydiving, although I'm not the best with heights.

One thing on your bucket list? A visit to Iceland.

I've completed the **Cycle Vietnam to Cambodia 2024**
 A BIG THANK YOU to everyone who's supported me

TOTAL RAISED £3115.00!!

I can't thank you all enough for your kind donations, words and support. It was a very special challenge and such an important charity close to my heart. As a group we have raised just over £230,000 which is amazing!

Thank you so much 🚴👩🏻💗🥰 *Melissa Xxxx*



6 ways to help prevent a fall

- Keep active**
Active varies depending on mobility. NHS Inform suggests 150 minutes per week to reduce the risk of falls.
- Eat & drink well**
Eating a healthier, balanced diet can reduce light-headedness, dehydration, tiredness and depression.
- Look after vision & hearing**
Regular eye and hearing tests ensures you or your loved one can spot any potential hazards as well as hear the surrounding environment.
- Manage medication**
Check the side effects on any medication you or your loved one is taking and discuss risks with a doctor or pharmacist.
- Look after bone health**
As we age, our bones often become weaker and more fragile, which increases susceptibility to fractures from falls.
- Adapt your home**
Ensure your home is safe: secure loose rugs, electrical cords, clutter and uneven flooring. Check there's adequate lighting, and consider installing grab bars and hand rails.

Update from the Surgery - Welsh Patients and Wrexham Maelor Hospital
 We have been advised by Wrexham Maelor Hospital that they will no longer accept referrals into any department for patients that might live in Wales but are registered to an English GP. This includes where a patient may have previously been under their care in the past. Should you need a referral into secondary care this will in future be to the Countess of Chester Hospital.
 Regrettably, we have no control over this situation and Wrexham Maelor Hospital suggest that if you wish to be seen there, then you would need to register with a GP in Wales. Should you wish to complain about this you may wish to write to your MP or to the Wrexham Maelor Hospital.

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
September 2024	93%
October 2024	94%
November 2024	95%

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](#)

We are aware that in many cases men struggle to ask for HELP. Below are two groups tailored specifically to men, accessed easily via online or face-to-face groups. For more information, please visit their websites.

PLEASE always remember to attend A+E as a place of safety if experiencing a mental health crisis.

Need urgent mental health support?

Call 111 Select Mental Health Option 2

We're here for you 24/7.



Mentell

Mentell – Men, is it time to talk? Mentell is a UK charity that provides men's groups for males aged 18+ to talk in a safe and confidential space, free from advice and judgement.

You can access Mentell's circles online, for free, every Monday at 7pm. Local circles take place in-person at different venues around the country.

Sign up below and we'll find the closest Mentell or Affiliate Circle to you. For more information please visit their website.

[Mentell – Men, is it time to talk?](#)

GOING THROUGH A STORM OR JUST BEEN THROUGH ONE?

ANDYSMANCLUB are talking groups for men to **HELP YOU** through those storms.

FIND OUT MORE info@andysmanclub.co.uk
www.andysmanclub.co.uk



#ITSOKAYTOTALK

ANDYSMANCLUB WREXHAM

WREXHAM

Rebuild with Hope, Eagles Meadow, Wrexham LL13 8AE

EVERY MONDAY @ 7PM EXC. BANK HOLS

ANDYSMANCLUB LTD is a Registered Charity in England and Wales (1179647) Scotland (SC051485) and a Company Limited by Guarantee, registered in England and Wales (11118153)

ANDYSMANCLUB is a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men's mental health and help men through the power of conversation. #ITSOKAYTOTALK
Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club



**SUNDAY
27TH
APRIL
2025**



I've been getting out for regular run sessions each week and my focus from the start of January will be to work on my 16-week training plan. Every penny raised will go toward the 'Nerve Tumours UK' charity which is so close to my heart.

Every penny really does count and any donation, whatever the size, is very much appreciated, thank you. *Nikki xxx*

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



GUARDIAN ANGELS
Tap your phone to get them home

Are you worried about a loved one with Alzheimer's or Dementia wandering?



Look out for devices on anyone looking distressed.

Simply place your *smartphone over it and the persons first name and an emergency contact number will be displayed.

*please switch on NFC on your phone

Look out for a badge, wristband, bag-tag or keyring

 /dementiabuddy  01942 888990

 @DementiaBuddy

Find out more information at:
www.dementiabuddy.co.uk
help@dementiabuddy.co.uk




Get healthcare cover abroad with a UK GHIC or UK EHIC Card

The UK Global Health Insurance Card (GHIC) lets you get necessary state healthcare in the European Economic Area (EEA), and some other countries, on the same basis as a resident of that country.

This may be free or it may require a payment equivalent to that which a local resident would pay.

Apply online for all the family before travelling.

Separate holiday travel insurance is **STILL** required.

Applying for healthcare cover abroad (GHIC and EHIC) - NHS

2025 Self Help

Forget New Year Resolutions, 2025 is here, so remember that we owe it to ourselves to do our very best in keeping fit. Goals have to be manageable to be achievable. We have two great role models in this edition for sure, but not everyone is a Melissa Siddorn or a Nikki Roseblade. So, start small – it's not enough to simply repeat that I need to exercise more, eat more healthily and lose weight. Some tips: don't skimp on breakfast; try to make healthy choices of fruit, vegetables, fibre and lean meats; move more and sit less; drink water; control your portion sizes by using a smaller plate; chew your food and eat slowly and it's January, so cut out the alcohol. And, don't forget, an occasional reward along the way! We all need to be kind to ourselves too.

SOME AWARENESS DATES: JANUARY, FEBRUARY & MARCH



Dry January **January**

Challenging you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol.
[Alcohol Change](#)



LGBT+ History Month **February**

To promote equality and diversity for the benefit of the public.
[LGBT+ History Month](#)



Time To Talk Day **6 February, 2025**

Getting people to talk about mental health and by doing so help change lives.
[Time to Change](#)
[Suicide prevention](#)



Eating Disorder Awareness Week **28 February–6 March 2025**

An international awareness event, fighting the myths and misunderstandings that surround eating disorders.
[Beat Eating Disorders](#)



Brain Tumour Awareness Month **March**

Raising vital awareness and funds to get closer to our vision of finding a cure for all types of brain tumours
[Brain Tumour Awareness Month](#)



Ovarian Cancer Awareness Month **March**

Ovarian cancer is a disease that can disrupt the normal function of the ovaries. If it's left unchecked, it can affect other parts of the body too.
[Ovarian Cancer Awareness Month](#)



Young Carers Action Day **16 March, 2025**

Young Carers Action Day provides an opportunity for everyone to call for better support for young carers and young adult carers, and to bring about change.
[Young carers action day](#)



It might be 'DRY JANUARY' awareness month but is it time for real change ...

It can be heart-breaking to see someone close to you struggle with alcohol problems. Whilst your focus is on helping the drinker, there is also a cost to their nearest and dearest.

This cost might present itself in different ways, in the form of:

- emotional strain (worry, fear, shame, guilt, anger)
 - money worries
 - relationship issues
- household and parenting difficulties
- feeling isolated, anxious, depressed

The tell-tale signs that your loved one might be drinking too much

Many of us drink alcohol and experience no significant problems. However, some of us find ourselves, over time, drinking more than we used to and becoming increasingly reliant on alcohol to manage our feelings or cope with challenges. This can cause problems to both our physical and mental wellbeing and negatively impact our home life and work.

If you have spotted at least some of the following signs below, there is a strong possibility that your loved one may need help with their drinking habit:

- They have been neglecting their responsibilities at home or work because they are drinking or recovering from a drinking episode
- They have become secretive or increasingly defensive about their drinking, or are drinking more alone
- They have been experiencing blackouts and/or can't remember their actions when they had been drinking
- They have been drinking larger amounts and/or drinking for longer than originally planned
- They appear to have less interest in regular activities, preferring to drink instead

How to have a conversation with someone about their drinking

If you have noticed someone you care about has been drinking too much alcohol, it is likely you have felt the impact – you may have been having more arguments with them, perhaps you feel you have been able to rely on them less lately, or they have become more emotionally distant. It is also likely that you feel sad, angry, frustrated, and worried that their drinking has seemingly become more important than other things in their lives, like their family, friends and work. These are entirely natural reactions. But before you talk to them about their drinking, it is important to remember that it often takes time for someone to be ready to make a change.

It is therefore likely that, when you do have a conversation with them about their alcohol use, there will be a lot of resistance and denial from them, especially at first.

Comments like 'I don't have a problem', 'Stop nagging me' and 'It's none of your business' are typical responses. However, as hard as it can be, it is vital not to criticise or blame them, but to consider instead how you might calmly talk to them with empathy about their drinking and the effect that this behaviour is having on you.

You might find that they also express relief to talk about how they have been feeling, especially if they have already become concerned about their drinking.

It is a good idea to create a plan and write down beforehand some of things you would like to say. This will help you to keep calm and retain some clarity in what may be a difficult, emotional conversation.

It is also a good idea to:

- Pick a time when they are sober and, therefore, more receptive to your worries
- Choose a comfortable space for the conversation – neutral territory like a café or park might be a good idea, provided that you can guarantee privacy
- Avoid an argument - if it's not the right time, try again later.

What should I say/not say?

Try to choose positive, supportive language. Here are some useful questions you might ask:

- 'I've noticed you have not been feeling yourself lately. Do you want to talk to me about what's going on for you?'
- 'I'm worried that things are getting on top of you. Would you like to have a chat to someone about what is worrying you?'
- 'How do you feel about your drinking because I'm concerned you have not been your usual self?'

Try to avoid accusing your loved one of 'having a drink problem' or 'being an alcoholic', as this is rarely the right approach. Avoid labels. Instead, focus on the person and their behaviour – it's likely to cause less upset. Also, expressing empathy with the difficulties they are experiencing will likely be more effective, whilst acknowledging how things may have been tough for them recently at home and/or in work.

Try not to be too direct with your language: questions like 'do you think you could do with a little support to cut down your drinking?' and 'have you considered chatting with your GP?' will likely be more helpful than statements like 'you need help'.

Offering practical support

Supporting someone close to you to cut back or stop drinking can be challenging and can take time but it could provide them with the motivation they need to get their drinking under control.

Support you could offer includes:

- Encouraging them to get a check-up from their GP and offering to accompany them
- Sitting with them when they call an alcohol helpline for advice
- Regularly praising any small changes, they are able to make
- Organising events and trips that don't involve alcohol
- Avoiding drinking alcohol around them
- Avoiding withholding alcohol from them if they are drinking at high levels, as they could be physically dependent on alcohol. This means their body will react negatively if they stop drinking suddenly. These reactions are [alcohol withdrawal symptoms](#) and can be very dangerous, and even fatal. So, encouraging your loved one to seek advice from their GP to reduce their drinking safely is vital.

Primary Eyecare

Most recently, a member of our PPG damaged her eye when a thick bramble bounced up, cut the eye and popped a blood vessel. She knew of the Minor Eye Conditions Service but had never had reason to use it. So, what's the service and how does it work?

The Minor Eye Conditions Service (MECS) provides assessment and treatment for people with recently occurring minor eye problems. It is an NHS service provided by accredited optometrists (commonly called opticians). Simply self-refer, please visit our website for more information.

[Services - The Village Surgeries Group](#)

If you are experiencing:

- Red eye or eyelids
- Dry, gritty or uncomfortable eyes
- Eye irritation and inflammation
- A lot of recent discharge from the eye or watery eye
- Recently occurring flashes or floaters
 - Painful eye
 - Ingrowing lashes
- Recent and sudden loss of vision
 - Foreign body in the eye

Make an appointment by calling one of the participating optical practices.

A local participating practice can be found online at: primaryeyecare.co.uk/find-a-practice

HEALTHBOX

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.

Too much sugar in your child's food and drink can take its toll on their tiny teeth. Avoid adding sugar to their meals, to help protect their smile. Visit Start for Life for more tips and advice.

[How to take care of your baby or toddler's teeth - Start for Life - NHS - NHS](#)

Better
Health Start
for Life

NHS

SKIP THE SUGAR

they're sweet
enough!



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

Next Meeting Dates for 2025 - all from 6.30pm

Wednesday 8th January - Zoom

Wednesday 12th February – Tattenhall, The Vault Meeting Room

Wednesday 12th March - Zoom

