

## Patient Participation Group

Our surgery is eager to ensure that local people are actively involved in deciding how the health services they use should develop. To provide patients with the opportunity to express their views, we some years ago set up our Patient Participation Group (PPG).

Our 'mission statement' is: The PPG shall help to promote good health by:

- Fostering improved communication between the practice and its patients.
- Contributing to the continuous improvement of services.
- Helping the practice to make the most effective use of its services.
- Influencing decisions about which services are provided; and offering practical support to the practice.

The aim of the group is to give patients, GPs and practice staff an opportunity to meet, to exchange ideas and information, and then to take action. The PPG generally meets quarterly at St Francis Surgery. Alternatively, if you are not able to visit the surgery for the PPG, but have access to email, you can join the Patient Reference Group (PRG). Members of this group answer surveys, give their views and are sent minutes of the meetings of the PPG. Our groups' activities typically include:

- consulting with patients on their experiences
- seeking their views on how services could be changed or improved
- producing a newsletter to keep patients up to date on the activities of the group and the services that the practice offers, and much more!

Interested? Anyone and everyone can join the groups and if you are interested in joining either, please visit our web site: <http://www.parksurgery-hursleyrd.co.uk/ppg.aspx>, fill in the form and we'll get in touch with you. If you don't have access to the internet, or prefer not to use it, please speak to Reception. We look forward to hearing from you.

At the PPG meeting on 15th February our speaker Mr Hugh J Fox, Orthopaedic Surgeon, gave a lively talk, supported by informative graphics, around his specialism, knees. Please see the practice website:

<http://www.parksurgery-hursleyrd.co.uk/info.aspx?p=13>

Useful links:

Arthritis Research UK:

[www.arthritisresearchuk.org](http://www.arthritisresearchuk.org)

British Osteopathic Association (BOA):

[www.osteopathy.org](http://www.osteopathy.org)

National Joint Registry (NJR):

[www.njrcentre.org.uk](http://www.njrcentre.org.uk)

NHS: [www.nhs.uk](http://www.nhs.uk)

## Health in the News

April is Bowel Cancer Awareness month. Bowel cancer is treatable and curable if caught early. If you have any symptoms, please don't ignore them.

For more information look at:  
[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

## Coffee mornings

St Francis' Rendezvous Café, Valley Park's Community Café, 2nd and 4th Wednesday 10am - 12noon, St Francis Church Hall, Pilgrim's Close, Valley Park. All ages welcome, Tea/ Coffee and Homemade Cakes, transport available, call 02380 271152



**Did you know?** 850,000 people in the UK are affected by Dementia. Maybe a member of your own family has (or had) dementia, or perhaps you know of someone, a friend who has the condition. There is a very informative website at [www.alzheimers.org.uk](http://www.alzheimers.org.uk) Once on there if you scroll down and click on, *become a Dementia friend*, you will find an online video and details of a, face to face, one hour information session which will give you a basic understanding of Dementia.

There are information sessions held locally at British Gas Solar Office on Hursley Road, Chandlers Ford or in the Velmore Community Centre, Falkland Road, Chandlers Ford, SO53 3GY, details on the alzheimers website. At the Velmore Community Centre, they also hold a regular (Thursday 2-4pm) Dementia friendly Cafe and activities, for those with Dementia and their carers.

Diabetes is a health condition where the amount of glucose in your blood gets too high. If your blood glucose levels are too high for too long, you can get extremely ill. Diabetes UK is the UK's leading diabetes charity. They care for, connect with and campaign on behalf of all people affected by and at risk of diabetes, reaching people with diabetes in local communities across the UK.

There is a local branch [winchester.diabetesukgroup.org](http://winchester.diabetesukgroup.org) whose aim is to provide help and support to people living with diabetes in the Winchester and Eastleigh area. They run group meetings, which are designed to provide individuals with a safe, social forum to discuss diabetes and its effects.

As part of Dementia Awareness week we will have Sue Moores, Dementia Support Worker, Alzheimers Society, available to talk to for general information at St Francis Surgery between 9.30 and 11.30 on Tuesday 16th May.



### PPG information evenings

We are in the process of arranging two Health Information Evenings, one in July, the other in November. Details of dates, times and speakers will be emailed to you nearer the time.

If you need medical help fast, but it is not life threatening – call 

If you would like to contribute to, or comment on our newsletter please contact us at [whccg.stfrancissurgery-ppg@nhs.net](mailto:whccg.stfrancissurgery-ppg@nhs.net)