Chillington
Patient Participation Group



A LOCAL GROUP
FOR PATIENTS OF CHILLINGTON HEALTH CENTRE



HELPING HEALTH
PROMOTING WELLBEING AND HEALTHY LIFESTYLE



FOR EVERYONE
FAMILIES, SINGLES, OLDER ADULTS AND CARERS

NEWSLETTER

Could you play a role?

To be effective, our group needs as many people as possible participating! If you'd like to join us, or ask us to raise an issue or idea, we're on email and Facebook:

chillingtonhealthcentreppg@outlook.com

Chillington Health Centre Patient Participation Group | Facebook

PPG vaccine marshals

This year's autumn vaccination programme was a huge success at Chillington Health Centre. Across three dates, a total of 1061 people were immunised against Covid and 1,149 against flu. Several members of the PPG helped with marshalling and there were lots of favourable comments about the smoothness of the sessions, with most patients in and out again within two and a half minutes! The vaccinating professionals welcomed the assistance of our cheerful marshals guiding patients through the appropriate doors.



Two of our marshals

Kim and Marianne exchange the VOLUNTEER badge that identifies them on the day. Extra marshalling help is always welcome.

Kim is our recruiter; 07942289114.

New parents

Did you know? You can drop in to Kingsbridge Library every Friday morning between 10 and 12 for self-service baby weigh facilities. You can weigh your baby and plot their weight in your red book. It's open to all and there's no charge. Other parents and carers are always there to help and chat.

A similar service is available at the Health and Well-being Centre in Dartmouth. Also on Fridays, it's fortnightly, the next dates are 29th November and 13th December. Time 10-12. Toys and free refreshments! enquiries@dartmouthcaring.co.uk

Social prescribing

Our practice now has two Social Prescribers as part of the care team. Social prescribing is new(ish) within the NHS. It's a way to connect people to activities, groups and services in the community that can help them with meeting social and emotional needs that affect their health and well-being.

A Social Prescriber can help individual patients focus on 'What matters to me' and support them in taking control. They work across the local Primary Care Network and, as well as helping existing groups be more accessible and sustainable, they can help people start new groups where they are needed. For information, see 'Social Prescribing' on the NHS website https://www.england.nhs.uk/personalisedcare/social-prescribing/ or talk to your GP.

In-house Dispensary

Chillington Health Centre has its own Dispensary on-site, where patient prescriptions can be filled quickly and easily by fully-qualified Dispensers. This useful in-house service is available to patients who live more than a mile from their nearest retail pharmacy (which is most of us!).

An obvious benefit is that, if the doctor prescribes for you at your appointment, the prescription can usually be filled while you wait. Being in the same building as the GPs means that any queries can be answered quickly and efficiently. If you have a repeat prescription for your medication, the prescription can be made up monthly ready for you. There's a 24 hour Prescription Vending Machine outside that allows you to collect most medicines at any time that's convenient.

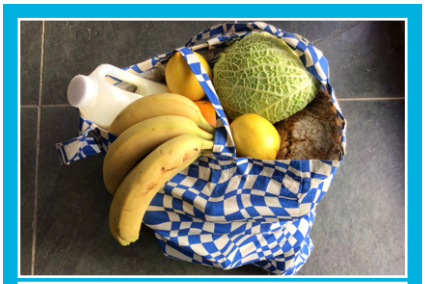
The Dispensary is usually open at the Health Centre Monday to Friday 8.30 to 12.30 and 2 till 6. But additional staff have been recruited and are in training, so check the practice website for afternoon opening at the moment. https://www.chillingtonsurgery.co.uk/

PPG committee minutes

Minutes of our meetings are published and made available to the whole practice community. They can be read in physical form on the notice board or accessed digitally via the Health Centre website or PPG Facebook page.

https://www.chillingtonsurgery.co.uk

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What matters?

Help with shopping? Getting outdoors and into nature? Time with a pet? A friendly lift?