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

PPG NEWS

Value of Participation

The National Association for Patient Participation is the role model for effective involvement of patients in general practice and it can provide groups like ours with useful inspiration and materials. They outline many examples of PPGs making real, constructive changes to the way in which services are provided at general practice level, as well as supporting existing services and helping to set up new ones.

It's great to be able to say that we are engaging with some of these things already - like supporting the smooth running of vaccination clinics, and providing information services on health and well-being in the form of this newsletter and our Facebook page. There's lots more we could - and would like to - work on, especially issues like diet and exercise, coping with long-term health conditions, seasonal health issues and wider issues affecting our community like climate change mitigation. It's always great to hear from YOU the practice community - we're on email and Facebook:

chillingtonhealthcentreppg@outlook.com

Chillington Health Centre Patient Participation Group | Facebook



Cheryl in the SCOF office

SCOF has its own dedicated office space at Stokenham Parish Hall, where Cheryl Watkins mans the phone between 10 and 12 every Monday to Friday (except bank holidays). She aims to get back on every call within that morning.

Call for transport help: 01548 581181, answerphone available outside hours.

Start Circle of Friends

A shining model of patient participation is exemplified by SCOF, the charitable transport scheme that is unique to the Chillington practice and is invaluable in a rural area like ours. Co-ordinated by a professional officer and backed by trustees who are all patients with the practice, a team of around 30 volunteer drivers will take any Chillington Health Centre patient to most medical appointments, including routine t to the surgery or dentist and hospital visits you have no other way to get there. SCOF drivers can take you as far as Exeter, Torba Plymouth. They will also deliver prescripti Payment is by donation - people pay what are able, there are no fixed fees.

An active start to 2025

The evidence continues to stack up: regular exercise really is good for you! It can reduce your risk of many major illnesses, including coronary heart disease, stroke, type 2 diabetes, some cancers, osteoarthritis, depression and dementia. It's good for bone health and reducing the risk of falls in older adults and can lower the risk of early death by up to 30%. Being active can also boost self esteem, sleep quality and energy levels, and help you cope better with stress.

On top of that, new research published this month in the British Journal of Sports Medicine shows that tailored exercise plans may increase survival in cancer patients, and that regular exercise *as well as* keeping slim is more effective in reducing cancer risk than either of these measures alone.

Activity is for everyone at any age. If you are due for a Health Check you could take advantage of the opportunity to talk about getting started. You should talk to your GP first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

Our area offers lots of opportunities to get out and exercise, from fitness classes in the village halls to rambling the coast or volunteering with conservation groups. Lots of advice about exercise at https://www.nhs.uk/live-well/exercise/.

Cervical Cancer

January is Cervical Cancer Awareness Month. Each year, more than 3,200 women in the UK are diagnosed with cancer of the cervix. Cervical screening is an important way of preventing it, but as many as 1 in 3 people don't attend for testing. If you are worried about going for screening, advice is available from macmillan.org.uk. Trans men and non-binary people who have a cervix need screening too.

Winter sunshine pills

Vitamin D helps regulate the nutrients needed to keep bones, teeth and muscles healthy. During summer, most people get enough vitamin D from the action of sun on their skin, but NHS advice is that everyone should consider taking a vitamin D supplement in the darker months from October to April. The right amount for most people is 10 micrograms (mcg) or 400 International Units (IU). Check out https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/.











Get moving!

Work on muscle strength. Try running or walking with a group. Gardening is great exercise. We have amazing access to nature here even when it's cold.