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

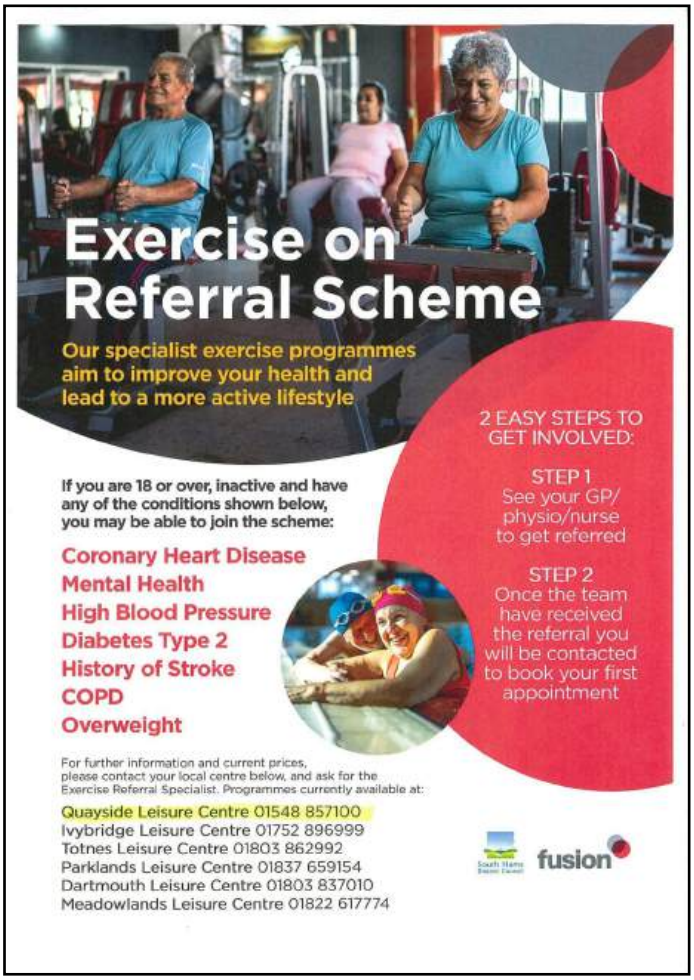
Changes at the surgery

If you've been to the surgery recently, you can't have failed to notice that the reception area has been undergoing remodelling. The work is nearly finished and it should provide much improved privacy when you ring in to the surgery to make appointments or get test results. The seating area is more streamlined than previously because, generally speaking, people no longer find themselves sitting there for long.

The Patient Participation Group are looking forward to our next meeting at the surgery in early March. We'll be seeing and hearing about the improvements for ourselves. (And making use of our reception display board once again!) In the meantime, 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



Exercise on referral

We saw last month that exercise is good for you! Now the practice may be able to help you access reduced price membership at a nearby leisure centre. It offers all the benefits of their Premium Membership at a little over half the cost. For most people here the most convenient is probably Quayside in Kingsbridge.

The way it works is that you make contact with a health professional within the practice first, and fill in an Exercise on Referral form, which you submit to the leisure centre. They then contact you to arrange an introductory session, and you can decide if you want to sign up.

Oesophageal Cancer

February is Oesophageal Cancer Awareness Month and, in the UK, around 9000 people are diagnosed with this cancer each year. The oesophagus connects the mouth to the stomach and the most common symptom to be aware of is difficulty with swallowing - it can feel as if food is sticking in your throat. Other symptoms include regurgitation, feeling or being sick, weight loss, pain in the chest or back, or pain in the throat or chest when swallowing, lasting indigestion or heartburn, a hoarse voice or cough that does not go away. These symptoms can be caused by other conditions, but it's important to get them checked by your GP. More advice at https://www.macmillan.org.uk/cancer-information-and-support/oesophageal-cancer

Looking after teeth

There is no denying that it can be difficult to gain access to affordable dentistry. But there are dental practices in our area taking on new NHS patients (adults as well as children) when availability allows. https://www.nhs.uk/service-search/find-a-dentist And people with good oral health will probably need to attend only once every 12 to 24 months; those with more problems will need check-ups more often.

Effective toothbrushing really does help everyone keep trips to the dentist to the minimum. Current advice is that you should brush your teeth for about 2 minutes last thing before you go to bed and on one other occasion every day. It doesn't matter if it's an electric or manual toothbrush, as long as you clean all surfaces of all teeth and use toothpaste with the right level of fluoride. Check the packaging: adults and children of all ages can use family toothpaste; it should have 1,350 to 1,500ppm fluoride. https://www.nhs.uk/live-well/healthy-teeth-and-gums/take-care-of-your-teeth-and-gums/

Tooth decay is the most common reason for hospital admission for young children, and the sad truth is that it's largely preventable. With this in mind, there's a great initiative happening in many early years children's settings called 'The Big Brush Club' https://bigbrushclub.co.uk/. It's a supervised toothbrushing scheme funded by the NHS across the whole of the Southwest.

Of course, knowing how to look after your teeth isn't much help if you are struggling to afford the right products. Kingsbridge Food Bank can take referrals from our surgery, and toothbrushes and toothpaste can be part of their package. Donations are always very welcome. https://www.kingsbridgefoodbank.org.uk/









Get brushing!

Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch them to make sure they brush properly and for about 2 minutes. Under 3s need only a smear of toothpaste. Between 3 and 6, parents or carers should brush teeth using a pea- sized blob. Spit but don't rinse, otherwise the fluoride can't work.