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

Surgery improvements

The quarterly meeting of the Patient Participation Group has taken place at the surgery, where the building work has been finished on time. Most importantly, the upgrade has provided an additional treatment room to accommodate the expanding team of professionals providing services at the practice - not just GPs, Nurses and GP Assistants, but physiotherapy, mental health support, family planning...

Screens in reception have improved privacy for people speaking with staff at the windows, and there's complete confidentiality for phone calls made to the fully enclosed reception office. It's easy to check yourself in digitally; a teleprompter says it's your turn.



Welcome in the waiting area

Senior Partner Francis Carnegy invited PPG members to see the changes. With thirteen comfortable seats behind the screens and most patients being seen pretty promptly these days, there's still lots of room.

New PPG member

We're really pleased that Amy Gunther (bottom right) has joined us. She lives in South Pool with her young children and works as a mental health therapist. She's keen to raise awareness about the connection between mental health and physical well-being; to bring communities together and support families

If YOU would like to join us - or talk about an idea - we're at chillingtonhealthcentreppg@outlook.com. Everyone is welcome, whatever their life journey - please don't feel you have to to be be a health worker to be able to make a contribution. Chillington Health Centre Patient Participation Group | Facebook is there if you don't feel you could commit to meetings in person at the Health Centre. Minutes from the March meeting will be available on the practice website and the PPG notice board.



Covid Boosters

People aged over 75, and younger people with conditions that affect their immune system, will be able to take advantage of a Covid booster vaccination this spring, towards the end of April or beginning of May. If you are eligible for this you will be contacted by the practice.

In anticipation of a good take up, the PPG is planning towards the provision of volunteer marshals to steward people in for speedy jabs, and to direct parking. Philip Groves will be glad to hear from any extras willing to help chillingtonhealthcentreppg@outlook.com. You don't have to have done it before; full explanation will be given on the day.

Prostate Cancer

March is prostate cancer awareness month. This is the most common cancer in men and, in the UK, about 1 in 8 men will be diagnosed with it during their lifetime. It's especially common in Black men; less so in men of Asian descent. Trans women and non-binary people can also have it. https://prostatecanceruk.org/prostate-information-and-support/risk-and-symptoms/about-prostate-cancer

The prostate is a small, walnut-size gland under the bladder and behind the penis. It is part of the male reproductive system and the chances of it enlarging and/or developing cancer increase as you get older. Most cases are in men aged 50 or older.

Symptoms to watch for include:

- peeing more than usual, having a sudden urge to pee or getting up often in the night to pee
- blood in your pee
- problems getting or keeping an erection.

If your symptoms are caused by cancer, finding it early may mean it's easier to treat.

A blood test called the prostate specific antigen (PSA) test may be done to help with diagnosis, but it isn't used for routine screening because the results from PSA alone can be misleading. You can buy PSA tests online, but you shouldn't rely on a negative result from a bought test as a definite 'all clear'. If you are worried about your risk, talk to your GP.

Published by Chillington Patient Participation Group

Dementia Support Forum

The Alzheimer's Society Dementia Support Forum is a brilliant online support for all those affected by dementia. You may have dementia yourself, be worried about a diagnosis or be a carer. Whatever your situation, the Forum is the right place to get support from others

You don't have to have a specific question to ask initially, they encourage all new members just to head to the welcome area to say hi and introduce themselves.

https://forum.alzheimers.org.uk/#welcome-and-how-to-use-dementia-support-forum.68

Alzheimer's Society

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