



FOUNTAIN CONNECTIONS Patient Participation Group SPRING NEWSLETTER



SURGERY NEWS

We welcome
Dr Madhu Lakshmaiah
and the two new receptionists
to the surgery.



The PPG was fundraising with its Easter stall to raise more funds for the surgery.



We have purchased a **HEARING LOOP** available in reception to help all patients who are hard of hearing. Please ask the receptionists if you wish to use it.



The PPG is still looking for **new members** to join the group. If you can give just over one hour of your time once a month please attend one of our meetings held on the last Monday of every month from 6.15 p.m. to approx. 7.30 p.m.

ChangePoint.

This is a course run by Notts County Council to help people **MANAGE THEIR WEIGHT**. It is one of the best things you can do to help your health. You can self refer or be referred by a nurse or GP – give them a call.

It is a free 12 week course on nutrition and physical activity with an opportunity to be weighed.

There is also a 26 week course which involves meeting a dietician which also covers the matters referred to in the 12 week course. The decision as to which course is best for you is made at the first contact.

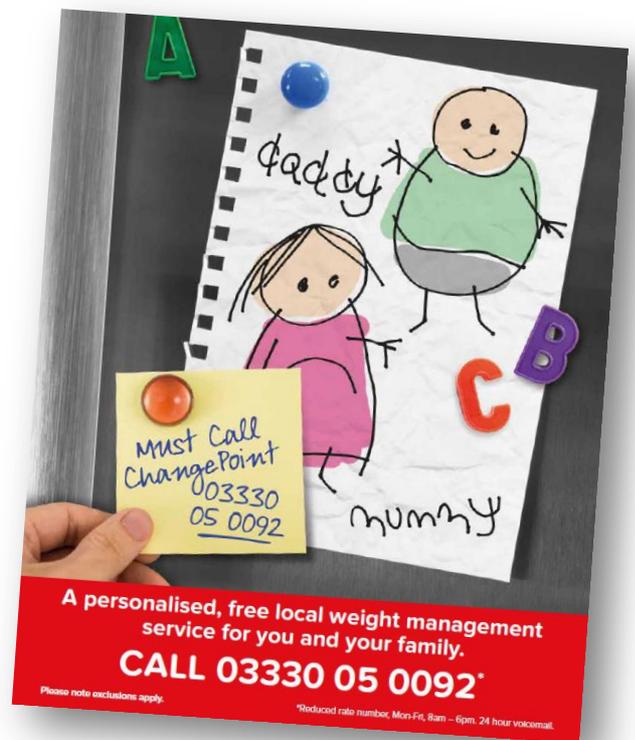
DESMOND - for diabetes

Desmond is a course for people with Type 2 diabetes. The group numbers will be no more than 12 people. Each person is able to take someone with them.

You can read the comments from one of the PPG members regarding Desmond:

We each introduced ourselves and said how we were diagnosed and the type of medication we take and when. Glucose levels were looked at, food choices and weight are all diabetes complications. We also looked at making changes to improve blood pressure, cholesterol and weight.

Here we looked at food labels, particularly salt, fat and sugar content. Also we felt we needed to increase our physical activity to improve our diabetes.



NOTE TO ALL PATIENTS ABOUT MISSED APPOINTMENTS

Can we please all take note of the number of missed appointments displayed in the surgery? Appointments can now be cancelled by phone or online. All missed appointments are a very big waste of a doctor's time and make it harder for other people to get appointments. About 40 hours - a week's work - is wasted each month through people who don't turn up. Read the Newark Advertiser article at: <http://newarkadvertiser.co.uk/articles/news/Thousands-of-patients-miss-doctors-appointme>

Note the date:
Patient Group
Annual General Meeting
Monday 23rd May
2016 at 6.30pm in
the surgery

Thanks to everyone who has helped raise funds by buying raffle tickets and purchasing the goods kindly made and supplied by the surgery and members of the group. Also thanks to all our members for their time and efforts given on behalf of the surgery.

