



Staff Changes

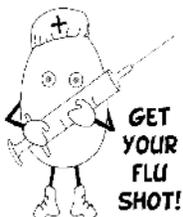
Dr Chen has now left the practice in order to prepare for the family departure to New Zealand. We all wish them well on this new, exciting adventure.

Janet (Practice Nurse)

We are happy to have Janet back with us after her prolonged illness.

Flu Vaccination

Are you eligible and have you had yours yet?
If not book quickly as the practice is rapidly running out of vaccines.



Many Thanks

“Go for it Grant”

The Patient Participation Group are pleased to announce that they have been awarded a small grant from SNC to enable them to hold Health & Wellbeing events which are of great benefit to the whole community.



Books for Sale in the waiting room.

Book sales continue to go well at both surgeries but we still need more good quality books

Thank you to everyone who has donated or bought books the money is much appreciated.



HEARTBEAT

Wishing all patients of

Old Mill & Millgates Medical Practice

A very Happy Christmas and a Healthy New Year

Edition 20

December 2016

Old Mill Surgery Poringland

01508 492929



Millgates Surgery Hempnall

01508 499333

Patient Participation Group Members

Ray Hollands

Chairman

Jeanette Armstrong

Secretary

Eileen Bounds

Minute Secretary

Grace Cheese

Treasurer

Contact: oldmillppg@gmail.com



Next Meeting of the PPG

Wednesday 7th December 2016 7.30pm at Millgates Surgery Hempnall

All Patients of the Practice are welcome to attend

Winter Preparation



Remember: most common winter ailments, such as colds, sore throat, cough, sinusitis or painful middle ear infection (earache) can't be treated with antibiotics. Instead you need to rest, drink plenty of fluids, take pain relievers such as paracetamol or ibuprofen and talk to your pharmacist for advice on getting the relief you need.

How long can you expect to suffer? Middle ear infection = 2-4 days : Sore throat = 1 week : Cold = 1.5 weeks : Sinusitis = 2.5 weeks : Cough = 4 weeks.

Notice to All Patients

Owing to unforeseen circumstances we are going to be two doctors down over the next few months. We have arranged to have two new partners join us in April and we will be arranging as much cover as possible in the form of locum's over the interim period. As always we will ensure that all patients with urgent problems are seen but it may be that you will not be able to see the GP you particularly requested.

We apologise for any inconvenience this may cause and ask for your patience and understanding during this difficult time.

The Partners
Old Mill and Millgates Medical Practice.

ACCESSIBLE INFORMATION STANDARD

The Accessible Information Standard directs and defines a specific, consistent approach to identifying, recording, flagging, sharing and meeting the information and communication needs of people with a disability or sensory loss. Relevant across the NHS and adult social care system, successful implementation of the Standard will lead to improved outcomes and experiences, and the provision of safer and more personalised care and services to individuals who, to date, have experienced some of the poorest health outcomes and inequalities.

Diabetes Open Evening

**Tuesday 4th October 2016 at The Nightingale Centre
Framingham Earl Norwich**

70 People attended a very interesting Diabetes Open Evening organized by the PPG on Tuesday 4th October 2016 at The Nightingale Centre, Framingham Earl, Norwich.

The speakers were Maggie Heels a Diabetes Specialist Nurse NNUH and Meg Sanders a Community Specialist Dietician who said that keeping to a balanced diet and getting plenty of exercise were very important for Diabetes 2 patients. Heather Dinar a Diabetes Podiatrist at the NNUH said that Norfolk had the highest number of amputations of Diabetes 1 patients. Kip Bertram a patient spoke about how you can live a full life with Diabetes 1.

Lucy Webster of the Norfolk Diabetes Trust said that they relied on Donations to help patients with both diabetes 1 and 2. The Trust were presented with a cheque for £200 from Asda.

At the end of the evening there was a lively Q & A session with a variety of questions from a very engaged audience, and was followed by Low - Carb refreshments provided by Gwen Nightingale owner of the centre.

The Raffle prizes were kindly donated by:



**Waitrose
Aldis Farm Shop
Kip Bertram
PPG**



£80 was raised and a donation will be made to the Norfolk Diabetes Trust

The next PPG Open Evening is April 2017 at Hempnall