

OPEN GARDEN

Sunday 14th August 2016

11am till 4pm Entry £3.00 tea or coffee included.

At 26 Ipswich Road Norwich NR2 2LZ



Parking opposite, in layby in front of Harford Manor School.

Well behaved dogs on leads are permitted

Pat Adcock a Volunteer at St Georges Dementia Group and former Practice Nurse at Old Mill Surgery is Opening up her beautiful Garden again this year. Proceeds will go to St Georges Dementia Support Group and The Big C

Home-made cakes.

Organic Garden and vegetable plot, chickens and bees.

Two ponds (wildlife and fish). Children will need to be supervised.

Hand-made cards.

Plant sales.

Maybe honey if the bees have performed and we have processed it in time!

Home-made Jam.

Free range eggs.

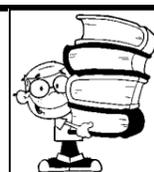
Staff Changes

We are pleased to announce that Dr Trina Dennis has now become a partner in the practice.

Sheryl has left and Kim has joined us in Reception at Poringland Surgery.



Books for Sale in the waiting room



Book sales continue to go well at both surgeries and £410 has been raised since January 2016 and has been donated to St Georges Dementia Support Group which the practice is currently supporting.

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

HEARTBEAT

Old Mill & Millgates Medical Practice
Patient Participation Group Newsletter

Edition 18

June 2016

Old Mill Surgery
Poringland

01508 492929

Millgates Surgery
Hempnall

01508 499333



Patient Participation Group Members

Ray Hollands	Chairman
Jeanette Armstrong	Secretary
Elaine Bounds	Minute Secretary
Grace Cheese	Treasurer

Contact: oldmillppg@gmail.com



Next Meeting of the PPG

Wednesday 20th July 2016 7.30pm at Millgates Surgery Hempnall

All Patients of the Practice are welcome to attend

St. George's Dementia Support Group
We meet at St. George's Church Hall, Stoke Holy Cross, Norwich, NR14 8ND,
every 2nd and 4th Monday of the month.

We provide:- easy Access - no formal referral system - a safe, friendly and understanding environment - social contact and friendship information and guidance on resources you may need a carers group to offer practical and emotional support a growing range of creative activities a listening ear to your needs and problems and help to resolve them.

Teas and Coffees at reasonable prices and complimentary biscuits

Adequate parking

And, most of all, you make friends who understand the problems, laugh and have fun.

George's Dementia Support Group

Can be either contacted via the link below, or by telephone to the following Committee Members:-

Dave Gudgeon, Chairman, 01508 492938

Ann Raines, Vice Chairman 01508 493661

<http://stgeorges-dementia-support-group.btck.co.uk>



News From the Practice

We have reached the year end for the new building so a great deal of minor work has been completed. Over the last few weeks the place has been a hive of building activity. A great deal of flooring has had to be replaced which has been very disruptive with much of this work taking place over the weekends. The acoustic panels are now fitted as has the screen at the reception desk both of which have improved the echo within the building and voices travelling this improving confidentiality. Just a few more items to be fitted as per the original data sheets and another floor to do and we should be builder free!

We are gradually welcoming more services within the practice now that we have more space to accommodate them. We have a number of clinicians from the Mental Health Wellbeing Services holding clinics here and the health visitor has undertaken some child health checks.

Old Mill & Millgates Medical Practice Patient Participation Group

Open Evening Understanding Dementia

On Tuesday 12 April 2016 the Patient Participation Group hosted an Open Evening 'Understanding Dementia' at the Mill Centre Hempnall.

Over 80 people attended what was a very informative evening with guest speakers from various organizations.

Ray Hollands chairman of the PPG welcomed everyone to the evening on 'Understanding Dementia'.

Dr Neil Thomas said that the practice have an important role in looking after patients with dementia & supporting their carer's.

Liz Waddy & Ruth Nobbs from the Clinical Commissioning Group spoke of the importance of funding allocated towards the care of patients suffering from dementia, Katy Blakely the new Lead Commissioner for Dementia said that they were trying to get funding to retain the services of the Admiral Nurses who provide an invaluable service, they welcomed feedback from relatives about how important it is to keep them, & provided a contact address so that patents can write to express their concerns.

Dr Anne Killeth Clinical lecturer UEA spoke at length about the research that is taking place into dementia & what progress is being made into finding out what is the cause of the different types of dementia, & what are the chances of a cure in the future.

Dani Nash of the Alzheimer's Society spoke about the help and support that is available from them & that you do not need a referral & can just contact them directly & they provide help for the care'r which is very important.

David Gudgeon is Chairman of the St Georges Dementia Support Group & also a care'r to his wife who has vascular dementia (sadly she has since died). He started the group after attending the Pablum Cafe at Wymondham & saw what a wonderful support it was to the families of the sufferer who did not know where to go to get help & support & he thought that one was needed locally. The group meets twice a month with the help of a large group of volunteers they have activities like singing, crafts, memory books puzzles, & the carer's get to spend time together to discuss problems & to support each other. He said that it is a lifeline for them.

The evening ended with a lively Q & A followed by refreshments provided by the PPG

The East of England Co- op supported the evening by providing the Co-op Cuppa & prizes for the raffle which raised £90.50 and will be donated to the St. Georges Dementia Support Group. There were also handmade greeting cards for sale with a donation from the proceeds going to the group.

If there is any subject that you think would make a good Open Evening please contact the Patient Participation Group on oldmillppg@gmail.com

The next Open Evening will be on Tuesday 4th October 2016 7.30pm at the Nightingale Centre Framingham Earl, Norwich, and the subject will be Diabetes