



### PPG Christmas Lunch

Members of the PPG enjoyed a post Christmas lunch at the Kings Head Brooke.



### Medical Equipment



For people wishing to return equipment which is of no further use, such as various aids (walking frames, sticks etc.) to place a sticker on the item giving the name and post code of the patient and drop them into Poringland surgery as Mary has a designated room for their storage.

### Staff Changes



Dr Trina Denniss has had a healthy baby boy mother and baby are doing well.

Dr Rose is retiring at the end of March we all wish her well in her new life.

2 new doctors will be starting soon. Dr Luddington will stay on to cover Dr Trina Denniss who is on Maternity leave.



### Books for Sale in the waiting room.

Book sales continue to go well at both surgeries with the proceeds being donated to the EACH NOOK appeal.

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 21

April 2017

Old Mill Surgery Poringland

01508 492929



Millgates Surgery Hemphall

01508 499333

### Patient Participation Group Members

Ray Hollands

Chairman

Jeanette Armstrong

Secretary

Eileen Bounds

Minute Secretary

Grace Cheese

Treasurer

Contact: [oldmillppg@gmail.com](mailto:oldmillppg@gmail.com)

Next Meeting of the PPG

Wednesday 28<sup>th</sup> June 2017 at Millgates surgery Hemphall



All Patients of the Practice are welcome to attend

The 5 Old Mill Surgery Health Walks included in the  
Central Norfolk Walking For Health Programme



- 1.\*7th March 2017 meet in surgery car park (NR14 7FA) ready to start at 10.30am. Walk around Poringland Fishing Lakes and Recreation Ground. Full Walk 2.1 miles but could be just around the Fishing lakes if wished 1 mile.
- 2.\*21st March meet in Brook Village car Park (NR15 1AB) \* please use the rear car park at 10.30am. Walk across fields east of B1332 1.7miles. Return to surgery for weighing and BP monitoring if wished.
- 3.\*4th April meet in surgery car park walk around Poringland Wood (next to Framingham Earl School) 1.8 miles.
- 4.\*18th April meet in Brooke Village Hall Car Park (NR15 1AB) \* please use rear car park at 10.30am Walk across Fields west of B1332. 1.4 miles (can be muddy after rain) return to surgery for weighing and BP monitoring if wished.
- 5.\*25th April meet outside Poringland Community Centre, Overtons Way (NR14 7WB) at 10.30am. Walk around Poringland Community woods 1.1miles. return to surgery for weighing and BP monitoring if wished.

**Dementia Awareness Event**

The Mayfields Care Home, Swan Lane, Long Stratton, NR15 2UJ  
(Behind G.P. Surgery) Contact: 01508 535500.

Working Together to make Long Stratton  
Dementia Friendly

You are invited to join us for refreshments, a 'Dementia Friends' training session and to find out how together we can help to make Long Stratton Dementia Friendly.  
on Tuesday 25<sup>th</sup> April '17 from 10.00 – 12.00.

From Bus Drivers to the Board Room, the Bank to the Beauty Salon, the Fish and Chip Shop to the Pub, Church Groups to Coffee Shops, or G.P.s to the Gym, even our Local Media.

We can all work together with People affected by Dementia to enable them to Live Well and to support their Carers so that they feel part of our Long Stratton Community and not apart from it.

Our Dementia Support 'Sunflower Cafe' is opening on Tuesday 9<sup>th</sup> May, from 10.00 -12.00 at the Mayfields.

Our purpose is to:

Enhance the lives of people living with Dementia in our local community and to support their Carers by providing information, guidance and assistance with coping mechanisms.

Meaningful Activities will be facilitated by volunteers whilst time is given for the carers to talk openly and to share their experiences or concerns.

If you know someone who we can help, tell them about us!

Old Mill & Millgates Medical Practice  
Patient Participation Group  
Open Evening

**HEART DISEASE**

Tuesday 25<sup>th</sup> April 2017 7.30pm

At

The Mill Centre Mill Road, Hempsall, Norwich NR15 2LP

**Speakers**

Dr Richard Till Consultant Cardiac Electrophysiologist at  
the NNUH

Dr Clint Maart Consultant Cardiologist at the NNUH

Meg Sanders Community Specialist Dietician



Q & A

Raffle & Refreshments

You do not have to be a patient of the practice to attend

For more information please email Jeanette Armstrong  
[oldmillppg@gmail.com](mailto:oldmillppg@gmail.com) or telephone 01508 492929