

The Cedars Patient Participation Group (PPG)

Autumn Newsletter

In Loving Memory of Maurice Murphy

We are very sad to announce that the Chairman of the Cedars Surgery PPG—Maurice Murphy—passed away suddenly in October.

Maurice was a lovely, enthusiastic person who devoted a lot of time to the surgery and he was an avid campaigner for health. His primary focus was raising awareness about diabetes and the November PPG board will be in honour of Maurice, as we continue his hard work.

He also had a fond interest in cricket and football, with Gillingham FC being his favourite club, having grown up in the Medway area.

He is missed dearly by us all and our thoughts are with his family and friends

World Alzheimer's Month was honoured at the Cedars Surgery

Dementia was the focal point of our recent PPG meeting which was attended by Dr. Scott, Mark Simpson and Emma Sharp of Coleman House in Dover. They provided a very informative and interactive session explaining what dementia is, how it affects patients, the diagnosis pathway and the support available for carers.

Dr. Scott explained how taking care of your vascular health throughout adulthood can reduce your risk or delay the onset of dementia. Vascular health includes a healthy blood pressure and cholesterol level by living an active lifestyle and eating a healthy diet. Good control of general wellbeing and depression can help too.

Dementia drop-in clinics are held monthly around the Deal area and are attended by our guest speakers. The clinics are held at the Cedars, Balmoral and St Richard's Road surgeries; all sessions are open to all Deal residents, regardless of which GP surgery you are registered with.



Dementia Drop-Ins

Thurs 7th

December - St

Richard's Road

Fri 15th December

- Balmoral

DIABETES: PROTECT OUR FUTURE

**WORLD
DIABETES
DAY**
NOVEMBER 14



World Diabetes Day - Tuesday 14th November

Free annual Diabetic Eye Screening is offered to all sufferers of diabetes that are over the age of 12. For more information see our posters and visit the NHS website. The noticeboard for November will focus on Type 1 and 2 diabetes, along with gestational diabetes.



Walking for Health is an NHS led initiative that runs a variety of different walks around the East Kent area. They meet at 9:45am on Wednesday mornings at the Walmer Castle car park between April—October and outside Deal Library from November—March. For more information, please see:

www.walkingforhealth.org.uk

hello

We are pleased to welcome Dr Lisa Crowe as a new member of our medical team, she joined the practice on 30th October 2017. Some of you may already recognise her as she has been a locum with us for the past six months.

Date for the Diary

Next PPG Meeting

Tuesday 14th November
at 6pm



Did Not Attend

The number of patient did not attend their appointments in July was 136 and 118 in August.

Please could we ask patients to call the surgery if they are no longer able to attend an appointment



@TheCedarsSurgery



@CedarsSurgery

Breast Cancer Awareness throughout October

FACT

Mammograms find cancer in 8 out of every 1000 women screened for breast cancer



Breast Cancer Screening

Every woman aged **50-70** will be invited for a mammogram every 3 years. Women **over 70** can self-refer



What is a mammogram?

A mammogram is an X-ray test that can spot cancers when they are too small to feel. Each breast is X-rayed twice with 1 from above and 1 from the side

FACT

More than 2 million women in the UK attend screening each year

breast cancer care

FACT

Screening reduces deaths by 1300 per year in the UK

Breast cancer is the most common type of cancer in the UK, with about 1 in 8 women being diagnosed in their lifetime.

Mammograms are offered to women aged between 50 - 70, every 3 years; and women over 70 can self-refer. It is important to attend your free, breast cancer screening appointment because mammograms detect cancer in 8 out of 1000 women screened which helps reduce the number of deaths by breast cancer by approximately 1,300 per year in the UK!

For more information about free mammograms, please see the posters in the surgery or visit the NHS website.

Breast cancer doesn't only affect women. Roughly 390 men are diagnosed with breast cancer each year in the UK. It tends to occur in men over the age of 60 but it is important to check yourself regularly and see a medical professional if you notice any changes.

Our PPG noticeboard was dedicated to Breast Cancer in October.



Lemon and Parmesan Fish (Makes 2 Servings)

Preheat oven to 230°C/210°C fan/Gas Mark 8. ****Fish must be thawed, if frozen****. Rinse fish and pat dry. Lightly coat a baking tray with **non-stick cooking spray**. Roll up fish fillets, starting at the short end & place into the tray. In a small bowl, combine **1/4 cup of crushed cornflakes, 2 tbsp of grated Parmesan cheese, 2 tsp melted butter, 1/2 tsp shredded lemon peel & 1/8 tsp ground black pepper**. Sprinkle crumb mixture on top of the fish roll-ups & gently press the crumbs into the fish with your fingers. **Bake for 6 – 8 minutes**, or until the fish flakes easily when tested with a fork and the crumbs are browned. Serve and enjoy!



Extended Surgery Hours

The Cedars Surgery offers extended opening hours which consists of:

One early morning each week between 7 - 8 am

One Saturday morning, every other week, between 8 - 10:30am

Please contact the surgery for more information if you wish to book an appointment at these times. These clinics are by-appointment-only and are not walk-in clinics.



Late Night Pharmacy Times

There are late opening hours of pharmacies in-and-around Deal. With opening times up to 10pm. Pharmacists can provide advice for a variety of Over The Counter medications and can help when the Cedars is closed.



Half-Day Closing Dates

On the following dates, the surgery doors close at 1pm for training of doctors and staff.

Thursday 16th November

Thursday 7th December

Thursday 18th January

Thursday 22nd February



Cedars' Dementia Carers Support Group

Please ask at reception or email:

cedarscarers2@yahoo.co.uk

Bank Holiday Notice



The Christmas and New Year Bank Holidays will fall on Monday 25th, Tuesday 26th December and Monday 1st January 2018. The surgery will be closed on this date, therefore, we would like to remind patients to submit their prescription requests early, ahead of the Bank Holiday.