

The Cedars Patient Participation Group (PPG) Summer Newsletter

Congratulations to the Younger Members of our PPG for their Academic Achievements



We would like to congratulate two of our younger members of the PPG on their recent graduations.

Charlotte has graduated from University College London (UCL) with her PhD in Pharmaceutics. Her role in the PPG is to develop the health noticeboards, NHS screening posters and co-ordinate the social media outreach campaign.

Bradley has graduated from the University of Kent with a BSc Honours degree in Multimedia Technology and Design. During his degree, Bradley developed the Save a Memory website designed to promote memory recollection in dementia patients, as well as providing support for carers which can be found at saveamemory.eda.kent.ac.uk. Bradley is an active member of the PPG, contributing at meetings and is designing the new PPG website.



Defeating Diabetes Type 2

"I was diagnosed with Type 2 Diabetes eight years ago. At the same time I was told I was overweight, had high blood pressure and a high cholesterol level. This was a bit of a shock as I had never had any health issues before.

I was prescribed 3 Metformin tablets per day, one statin and given advice about my diet. With the help of pep talks from the dietician at Deal Hospital I gradually lost some weight, but my medication stayed the same.

Then, four years ago, I joined the local health walkers "Walking for Health". With some trepidation I went along for my first walk and was made very welcome. The walks are NHS endorsed and led by a group of leaders who plan walks carefully to be interesting and to be of different lengths according to ability. The walks proved very enjoyable; I began to feel fitter and I was now part of a social group who meet for coffee after each walk and also meet up for a meal out twice a year. (There is no pressure to join in

socially if that is not your preference.) After a while my Metformin dose was reduced to two tablets per day. Then, two weeks ago, I went for my full annual diabetes check-up and was amazed to be told that I no longer needed any medication at all for diabetes. As an added bonus my blood pressure was perfect. I really cannot recommend Walking for Health highly enough"

Patient case history



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



**Cedars' Dementia Carers
Support Group**

Please ask at reception or email:

cedarscarers2@yahoo.co.uk

More information will follow with the September notice board which focuses on dementia

Date for the Diary

Next PPG Meeting
Tuesday 19th September
at 6pm



Did Not Attend

The number of patient did not attend their appointments in June was 146.

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

Health Awareness for Younger Patients



Approximately one third of patients registered at the Cedars Surgery are between the ages of 18 and 30 years old. The PPG are currently devising an outreach programme for this demographic. The aim is to utilise social media platforms to advertise NHS services, educate patients about a variety of health conditions and promote

the use of the online appointments service provided by EMIS Patient Access. Patients can order prescriptions, view their medical records and book appointments with a doctor *via* the website (<https://patient.emisaccess.co.uk/>) or mobile phone app (which is free to download for Apple and Android

phones).

The social media campaign is in its infancy with our Twitter handle being [@CedarsSurgery](https://twitter.com/CedarsSurgery) and our Facebook handle being [@TheCedarsSurgery](https://www.facebook.com/TheCedarsSurgery).

Please "like" and "follow" for health information and updates about the practice.



Hearing Loss

One in six people in the UK suffer with some degree of hearing loss. Hearbase hold clinics at the Cedars Surgery every other Wednesday.



Patients can be referred by their GP for a hearing test.

Hearbase also have an office at King Street entrance to the main car park (by Deal Library), if patients should require hearing aid batteries.

For patients requiring more information about hearing loss, please ask for a leaflet at reception

Free NHS Screening Programmes

There are a number of posters around the surgery to advertise the free health screenings offered by the NHS. By being registered with a GP, you will receive an invite when you are eligible for a screening



Cedars Surgery
Telephone Number
01304 373341



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

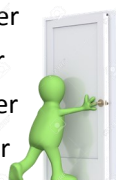
On the following dates, the surgery doors close at 1pm for training of doctors and staff.

Thursday 21st September

Thursday 19th October

Thursday 16th November

Thursday 7th December



Bank Holiday Notice



The August Bank Holiday will fall on Monday 28th August. 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.

Flu Clinics

The first flu vaccine clinic will be held on **Tuesday 12th September**. This is now open and eligible patients can book an appointment.

Eligible patients include; the Over 65s, patients with diabetes, asthma, COPD and heart conditions

