

# Wallingbrook Health Group

Chulmleigh • Winkleigh  
www.wallingbrook.co.uk

## Activities in the Local Area

We are compiling a list of activities and services in our local areas. This information can be found on our website or printed copies are in the waiting rooms. If you provide a service or organise an activity and would like it added to our list please contact the surgery. Also, if you provide a service or activity in an area which is not listed and you would like this information to be available to patients please do not hesitate to contact us.

## Forget Me Not Café, Okehampton

For people with memory problems and their carers.

Come and meet us, have a cup of tea, cake and a chat with others that are in a similar position, in an accepting and friendly environment. There are refreshments supplied free of charge.

There is usually a complementary therapist on hand to give short therapy sessions and professionals that you can talk to if you wish.

The Café meets on the last Tuesday of each month, 2pm to 4pm at the Glen, Community Room, Castle Road, Okehampton, (except December). For further information call Lynn: 01837 53397 or email: [lynn.lane397@btinternet.com](mailto:lynn.lane397@btinternet.com)

## Games Afternoon for Seniors

Cards, Dominoes, Scrabble, Traditional and Modern Board Games. Chulmleigh Town Hall 3pm to 5pm, 12 July (Summer Garden Party), 13 September, 10 October and 8 November 2017. More dates to follow. Tea, cakes and plenty of chat! For more information call Maryon: 01769 580967 or Holly: 01769 580137.

## Forget-Me-Not-Friends, Winkleigh

The café provides the opportunity for people to meet informally in a relaxed atmosphere. Health and Social Care staff are often on hand to provide information and to offer support. We meet at the Winkleigh Community Centre, 2pm to 4pm, first Wednesday of every month. For more information contact Anne Balcomb: 01837 83390.

## Summer 2017

Any questions? Telephone 01769 580295



## Dr Dawson

We are delighted to announce that Dr Clare Dawson will be joining Wallingbrook on 5 September.

## CFEP Survey Results

Wallingbrook undertook a patient survey in December and January. We have had the results back and we are very pleased with the patient feedback. Our last survey was completed in 2013 and all areas have shown improvement. We are very grateful for the feedback and comments provided. A copy of the results is available on our website.

## Virtual PPG

Patient Participation Groups (PPGs) invite local people to be actively involved in the planning and development of new and existing health services. This helps them understand the healthcare service and enables them to voice opinions on topics such as service provision and local concerns. PPGs give patients, GPs and practice staff an opportunity to meet, exchange ideas and take action. If you would like to participate in the PPG but are unable to attend monthly meetings you can join our virtual PPG where you can automatically receive the monthly minutes and can feed into the meetings by sending in your suggestions and comments. For more information please visit our website or contact the surgery.

## Organ Donation Awareness Week

National Organ Donation Awareness week will be from 4 - 10 September. For more information you can pick up a leaflet from the surgeries or you can visit <https://www.organdonation.nhs.uk/about-donation/what-is-organ-donation/>.

## Message from Dr Wilson-Smith and Dr Guildford

“We would like to send a big thank you to all our patients for their wishes of support and kind gifts. We have been very touched and humbled by all the kinds words and we will never forget our time at Wallingbrook.”

## Wasted Appointments

We are still experiencing a high number of patients not attending booked appointments but are pleased to report that the current trend is improving. These appointments are irretrievable; other patients could be seen. The effect of this is patients are waiting longer for routine appointments. Using Wallingbrook’s new messaging service you can cancel your appointment 24 hours a day via text or email. The summary below shows the number of appointments missed: March 2017: 140, April 2017: 108, May 2017: 95.

## Are you female and aged between 24 and 65?

### Then read on ...

All women between these age groups are invited for a Cervical Smear Test which is a free service offered by the NHS. Up until the age of 50, women are invited every 3 years and, after that, every 5 years. Cervical screening is **NOT** a test to find cancer. It is a screening test to detect changes to the cells of the cervix, which are called cervical abnormalities or pre-cancer however:

- A) Between 90% and 94% of all screening results come back normal, with no abnormalities.
- B) An abnormal screening result rarely means cancer.
- C) Having regular cervical screening offers the best protection against developing cervical cancer.

Sadly, the number of women taking advantage of this free, life-saving, test is dropping so if you, or someone you know, receives their invitation please ensure an appointment is booked. The procedure only takes around 20 minutes and can be done at the Wallingbrook and Winkleigh surgeries. If you have any concerns or fears, don’t hesitate to contact the surgery who will be happy to help. Alternatively, you can find lots of useful information on Jo’s Trust website: <https://jostrust.org.uk>.



Are you looking to quit smoking, lose weight for that special occasion, become more active or reduce your alcohol intake? If so, you will find lots of useful guidance and resources from OneSmallStep, a tailored service for the people of Devon.

Website: [www.onesmallstep.org.uk](http://www.onesmallstep.org.uk), email: [hello@onesmallstep.org.uk](mailto:hello@onesmallstep.org.uk), telephone: 0800 298 2654 or 01392 908 139.

You can also see our Health Care Assistant, Caroline Stapleton, for support with weight loss and/or smoking cessation. Please speak to one of our Patient Services Advisors.

## Bank Holiday Closures

We will be closed on 28 August 2017.

## Staff Training/Closure Dates

The Chulmleigh & Winkleigh surgeries will be closed for staff training on the following dates and times. We apologise for any inconvenience. Should you require urgent same day attention please phone 111.

Date	Chulmleigh Surgery	Winkleigh Surgery
Wednesday 5 July	Closed for the afternoon from 12.30pm	Closed for the afternoon from 12.30pm
Thursday 27 July		Closed 12.30pm to 2.30pm
Thursday 24 August		Closed 12.30pm to 2.30pm
Thursday 14 September		Closed 12.30pm to 2.30pm
Wednesday 4 October	Closed for the afternoon from 12.30pm	Closed for the afternoon from 12.30pm
Thursday 12 October	Closed for the afternoon from 12.30pm	Closed for the afternoon from 12.30pm