

Hardwicke House & Siam Surgery Patient Partnership Group (PPG) Newsletter Autumn 2023



SIAM SURGERY 01787 322420
HARDWICKE HOUSE 01787 370011



**BOOK IN AT YOUR SURGERY FOR YOUR WINTER
COVID AND FLU JABS**

POLYMYALGIA RHEUMATICA AND GIANT CELL ARTERITIS

Polymyalgia Rheumatica (PMR) is an inflammatory condition of unknown cause. It is recognised to be autoimmune illness. It causes pain, tenderness and stiffness in the large muscles around the shoulders, hips and back. It mainly affects people over the age of 50 with the peak being in the 7th and 8th decades of life, it tends to affect far more women than men. While some people recover after a year or two of treatment with corticosteroids, gradually reducing these steroids as guided by our doctors. It is vital that their advice is followed.

IF YOU OR SOMEONE YOU KNOW IS SUFFERING WITH PMR HOPEFULLY THESE WEBSITES AND PHONE NUMBERS MAY BE USEFUL:
HELPLINE 03001115090 (OPEN WEEKDAYS 9.00AM TO 5.00PM) THEY WILL SEND AN INFORMATION PACK AS A HARD COPY OR ONLINE.
WWW.PMRCAUK.COM
WWW.HEALTHUNLOCKED/PMRCAUK.COM

SIAM SURGERY UPDATE

Dr Kemp will be retiring at the end of September 2023, his patients will be transferred to the remaining partners lists until a replacement is appointed. As always patients can see a Doctor of their choice regardless of who they are registered with.

In October, Cheryl, an Advanced Nurse Practitioner will be joining our team along with Phil, our Advanced Nurse Practitioner and Helen our Nurse Practitioner. All three are able to prescribe, refer, diagnose etc.

Nurse Emma has left the practice and we are in the process of recruiting a new lead nurse.

THE ROLE OF THE PATIENT PARTNERSHIP GROUP

- Members of this group provide a link between the Practice Staff from Siam Surgery and Hardwicke House.
 - They provide a sounding board for Patients and Practice Staff.
 - To support the Surgeries with patient information events
 - Members reflect a range of experience and health conditions
 - To raise awareness of local and national awareness groups
 - To share best practice and innovative ideas which may enhance the well-being of patients and staff
- Sue ayres (Chair Hardwicke & Siam Patient Participation Group)

PHYSIOTHERAPY SELF REFERRAL

Sudbury Community Centre 03330 433966

Both Hardwicke House & Siam Surgery's offer a first time appointment for patients with Musculoskeletal problems

PULMONARY REHAB

COPD

Speak to your physio or doctor about Pulmonary Rehabilitation exercise groups or ring: -
033 304 339 66 for self-referral

PPG RENAME
Now that Hardwicke House Surgery and Siam Surgery PPG's have amalgamated.
In future they will be known as SUDBURY SURGERIES PPG



Singing helps people with COPD why not Join a choir

MISSED APPOINTMENTS (HARDWICKE HOUSE & SIAM SURGERIES)

Unfortunately, 450 appointments a month are missed. Please make sure that you do keep your appointment. A text is sent to your mobile phone just after you have made the appointment and again the day before. If you have not given the surgery your mobile number, please consider passing it on. If, however, you cannot attend, please cancel so that an urgent request by another patient to see a doctor or nurse can be given. A receptionist always tries to follow up a missed appointment. Now that appointments can be made ahead, it is vital that they are not missed. This again takes time and adds to the heavy load of work undertaken by our dedicated practice team.

Patients are able to cancel appointments by phone or online
siamsurgery.patientcontact@nhs.net hwh.sudbury-admin@nhs.net.
Siam Surgery patients can also cancel via the NHS app.

UPBEAT HEART SUPPORT IN WEST SUFFOLK

(For heart health – prevention & rehabilitation)

WE ARE NOW TAKING ON NEW MEMBERS (Partners/Carers also welcome)

Our voluntary run Registered Charity has been providing Cardiac Rehabilitation Exercise classes for over 25 years. Our team consists of 5 level 4 BACPR trained Cardiac Exercise Specialists and 4 Registered Cardiac Nurses for consultations.

WHO DO WE HELP? Upbeat was originally for patients with heart disease (MI stents CABG and valve replacements). Living with heart disease also means many members have other conditions. Over the years we have adapted and are now expanding to include PREVENTATIVE CARE to include high blood pressure, high cholesterol, diabetes and obesity.

WHERE Bury Community Centre, 1 Charles Place, Westhorpe Road, Bury St Edmunds. IP32 6TD Mon. and Wed. 9 a.m. – 12 noon.
The Old School Community Centre, The Green, Long Melford CO10 9DX Tuesday 9.00 – 12 noon
For more information tel. Chairman 01449 764333 Secretary 01359 232678 or Treasurer 01284 747239
www.upbeatheartsupport.org.uk

HELP AVAILABLE

BABERGH GRANT AVAILABLE TO MAKE ADAPTATIONS IN YOUR HOME TO ENABLE YOU TO CONTINUE INDEPENDENT LIVING

Do you need to have a walk in shower, hand rails, key safe, or alterations to allow wheelchair access?

A grant of £7,500 is available to home owners so that they can remain living in their own home which is not subject to a means test.

- Information available from the Babergh Help Desk in Sudbury Library on Mondays and Thursdays
- Babergh Website

TAXI VOUCHERS

If through lack of mobility you can no longer use your bus pass, taxi vouchers are available from Suffolk County Council.

- TEL: 0345 600 0659 for information.
 - Only to be used in Suffolk
- Vouchers are provided in a booklet in £3.00 per voucher
- A list of Taxi Drivers that participate is provided.

USEFUL NUMBERS

Chambers Buses	01787 375360
Felix buses	01787 310574
Go Start	01787 242116
Babergh District Council	0300 1234000
Suffolk County Council	0345 6072080
Sudbury Community Centre	01787 464380
Audiology	01284 713713
West Suffolk Hospital	01284 713000
Physio self referral	03330 433966
U3A	07708 677917

U3A

A GROUP FOR THE RETIRED OR SEMI RETIRED
learn, laugh, live

Coffee mornings, Monthly talks.
Lots of activities and groups to join,
Garden visits, Language, Holidays, Book groups,
Bowls, Quizzes. Over 90 different interest groups.
If interested please come along to one of our
coffee mornings
3rd Wednesday of each month
10.00 to 11.00 Friends Meeting House,
Friars Street, Sudbury
www.u3asites.org.uk/sudbury



DATE FOR YOUR DIARY

HEALTH AWARENESS DAY
SATURDAY
6th JULY 2024

New Members
Welcomed

Interested in finding out
about Practice PPG's
Please contact; the
Secretary Email:
jmealham@gmail.com