



Hardwicke House Group Practice

Patient Partnership Group (PPG) Newsletter Spring 2019

Notes from PPG Chair

The 'flu clinics in September and November were very successful, and both the surgery staff and PPG members were aware of concerns regarding the long queues. We are assured this year's arrangements are under review. 1660 injections were given at the flu clinics and 800 more injections since.

We try to keep you informed of the various organisations available in our areas there to advise, assist and support people with the many different and varied difficulties that can occur in their lives. We continue to display information on our notice boards and in our newsletter, of course this is in addition to all the information supplied in your surgery waiting rooms.

We do try to reach as many patients as possible so please take copies of our newsletters from the waiting rooms to share with your family, friends and neighbours; and if you can offer wider distribution, we would be very pleased to hear from you.

My term of office as Chair of the PPG has come to an end and one that I have thoroughly enjoyed. Congratulations and welcome to our new Chairman, Eric Catton who represents Clare.

Best Wishes. Sylvia Bambridge.

Cervical Screening Saves Lives

In January Public Health England launched a national cervical screening campaign.

The NHS Cervical Screening Programme has made a significant impact on cervical cancer mortality since it was established in 1988, saving an estimated 5,000 lives a year.

However, coverage is at a 20-year low. Figures published show that, at 31 March 2018, the percentage of eligible women (aged 25 to 64) screened adequately was 71.4%.



Help with Health Costs - Prescription Charges

Citizens Advice in Suffolk have witnessed an increase in the number of clients having to pay penalty charges of up to £100 because individuals have inadvertently claimed free prescriptions that they were not entitled to, for example where there was confusion around claiming free prescriptions if the individual had claimed Universal Credit. More recently pharmacies are reporting that patients are not collecting prescriptions because they cannot afford to pay for them. Help is available under the Low-Income Scheme, or the client may be entitled to an exemption from charges, of which there are several.

For more information contact Sudbury Citizens Advice Bureau Tel: 01787 321400.

Parkinson's (UK) Sudbury Support Group

Parkinson's (UK) Sudbury Support Group meets on the last Wednesday of each month from 2.15 to 4.00 at The Stevenson Centre, Great Cornard. Group meetings comprise speakers and **Qigong classes** (see below), Carers welcome. The group also organises outings.

Transport can be provided to bring members to meetings.

For more information contact: Mary O'Neill 01787 280874. email wonandmon@icloud.com

Qigong - is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. The gentle, rhythmic movements of Qigong;

- reduces stress
- increases vitality
- builds stamina
- enhances the immune system

Sudbury Newstalk

Do you have a friend, neighbour, or colleague who is registered blind or visually impaired ?

The volunteer team at Sudbury Newstalk record a fortnightly local Newspaper digest, and a bi-monthly Magazine, which are distributed free to listeners throughout the area.

The recordings are on USB sticks, and listeners are provided with USB players free of charge.

USB sticks are posted to the recipients home.

For more information contact Jane Chambers 01787 468535, or visit www.sudburynewstalk.co.uk

Age (UK) Chilton Day Centre

Our Chair, Eric Catton was recently invited to an open afternoon at the Chilton Day Centre in Martin Road, Sudbury. Eric was most impressed with the facilities provided for people with Dementia. The Day Centre provides a regular day or morning out with good company and fun, as well as improving general well-being. The Club offers a break for members **and valuable respite for family carers.**

There's a wide range of activities such as arts & crafts, gardening, entertainers, music and singalongs, fun theme days such as pub lunches and the wild west, exercise - music and movement, games and quizzes. Other opportunities available including hairdressing, chiropody, nail care and hand massage.

A hot, freshly prepared, nutritious meal and refreshments throughout the day are provided, taking into consideration any special dietary requirements and personal choice. Early birds can also have a light breakfast on arrival. Transport to and from the club can also be provided.

For more information contact: Jilly Vince, Manager, Phone: 01787 376990.



For more information about Walking Football at AFC Sudbury, email fcsudbury.fitc@gmail.com or contact 01787 376 213.

Walking Football is a slow-pace version of football primarily designed to help people keep an active lifestyle irrespective of their age. It is also used by players recovering from injury as a way of getting back into the game.

Walking football is a fast growing sport across the UK and thanks to the installation of the 3G pitch the game is now available in Sudbury.

- Held on Tuesday afternoons from 2pm for one hour.
- Turn up and play.
- Participation is £4 Inc. tea and biscuits.
- **Only studded or bladed football boots can be worn on the 3 G surface.**

OneLife Courses in Sudbury

Stop Smoking

Mondays	2:30 - 5:30pm	The Stevenson Centre, Gt Cornard, CO10 0WD.
Tuesdays	10am -1pm	Sudbury Health Centre, Churchfield R'd, Sudbury, CO10 2DZ.
	5 - 8pm	The Kingfisher Leisure Centre, Station R'd, Sudbury, CO10 2SU
Wednesdays	10am - 1pm	The Phoenix Children's Centre, 27 Tudor R'd, Sudbury, CO10 1NP
Fridays	9am - 5pm	Hardwicke House, Cornard Surgery, Stour Street, Sudbury, CO10 2AY (this clinic is only available booked through the practice).

More Info. https://onelifesuffolk.co.uk/locator/?postcode=CO10%200JF&town=&filter=quit_smoking

Adult Weight Management

OneLife Suffolk provides up to 12 months of FREE adult weight management support, providing the tools, advice and guidance needed to improve your lifestyle, achieve your weight loss goals and more importantly sustain the changes made for good. **Reducing weight by 5 – 10 % could significantly decrease the risk of conditions such as Type 2 Diabetes.**

12-week weight management courses are held at Kingfisher Leisure Centre and The Stevenson Centre in Great Cornard. See link below for dates or contact OneLife Tel: 01473 718713

https://onelifesuffolk.co.uk/locator/?postcode=CO10%200JF&town=&filter=adult_weight_management

Stepping out in Suffolk, Free Health Walks April - June Brochure

Available from your local library or on line at <http://onelifesuffolk.co.uk/our-services/health-walks/>

Sudbury Short Walk - Alternate Tues. starting from the Kingfisher Leisure Centre at 11.45 for 12.00 start. A 30-minute leisurely walk along the Old Railway and Friars Meadow.

April 23rd, May 7th and 21st, Jun 4th and 18th, July 2nd, 16th and 30th.

Great Cornard Walking Group – 1st Wed. of month, 10 am from Great Cornard Sports Centre.

Walks 30 – 60 mins on paths. For more information, Tel: 01787 315195.

Clare Walkers – Alternate Tuesdays starting outside the Clare Park Centre at 10.30 am.

April 23rd, May 7th and 21st, Jun 4th and 18th, July 2nd, 16th and 30th.

walk around the glorious Clare Country Park. For more information <http://clarewalks.co.uk/>

Interested in finding out more about the Hardwicke House Patient Partnership Group ?

Please contact; The Secretary Tel: 01787 370978 Email: hhgp-ppg@outlook.com

New Members Welcomed