

KNEBworth AND MARYMEAD MEDICAL PRACTICE

PATIENT PARTICIPATION GROUP NEWSLETTER

August 2018

ANOTHER SUCCESSFUL EVENING

“Help Yourself to Health”, 25th July 2018 – Knebworth Village Hall

On a particularly warm evening, we were very gratified to see so many people arriving for our annual Patient Participation Group (PPG) open meeting, we estimated that there were about seventy patients present, as well as members of our clinical and support staff. As they wandered around the stalls prior to the meeting, everyone was continually refreshed with ice-cold (non-alcoholic!) drinks or, for the few who preferred it, tea or coffee; the cold drinks were also available on a help-yourself basis throughout the evening.



With the windows and main doors of the hall thrown open, we settled down to the main business of the evening. After a brief introduction by Mandy Preedy, the Chairman for the evening, on the aims and purposes of the PPG, we were then treated to an excellent presentation by Janice Meakin, a diabetes education expert. She explained about the main causes of diabetes in the general population and placed particular emphasis on walking, on diet and on other lifestyle measures that can help to prevent or delay the onset of the condition.

Our second speaker, Stephen Kempton, the Event Coordinator for Arrhythmia Alliance, provided us with an in depth - but fully understandable - discourse on the importance of the detection of atrial fibrillations and arrhythmias which, if they remain untreated, can predispose to strokes. Before and after the main meeting, Stephen provided a practical demonstration on the measurement of pulse rate and distributed a selection of the relevant leaflets.



Key aspects of the important subject of osteoporosis were ably presented by our third speaker, Stella Scrivener from the National Osteoporosis Society. Stella described the process involved in the formation of brittle bones and explained how vitamin D – formed naturally in the body by sunlight – and calcium were helpful in preventing or delaying the onset of this condition.

In the traditional way, the evening was rounded off by a presentation from Ken Spooner, the Practice Manager. He detailed those issues which continue to confront all UK General Practices (shortage of doctors and nurses, an ageing population, NHS budgetary constraints) and explained how the Knebworth and Marymead Practice is approaching those problems but is able to continue to provide a high level of service to its patients. Ken underlined the importance of new initiatives such as the establishment of the permanent Clinical Pharmacist and Advanced Nurse Practitioner posts, both of which are reducing the workload of the GPs. Looking ahead, Ken was particularly concerned about the need for the early detection of some of the more common cancers (breast, lung, bowel, prostate etc) as well as the need for the improved monitoring of chronic obstructive pulmonary disease (COPD) patients in order to reduce hospital admissions within this latter group. The Practice will be working closely with the PPG on both of these projects in order to enhance patient awareness. As usual, there were a number of questions from the floor, all of which were handled by Ken with his usual wit and wisdom.

FORTHCOMING PPG MEETING

The next PPG Meeting will be on Tuesday, 25th September, from 7.00 pm, at Marymead surgery. All patients are welcome to attend, you don't have to be a signed-up member of the PPG. The Meetings are invariably over by 8.00 pm.

STOP PRESS

Ladies! Mammogram screening is available during August in the mobile unit located in Sainsbury's car park at Corey's Mill, Stevenage. You just need to phone 01582 497599 for an appointment.

PPG CONTACTS

*Mandy Preedy, 01438 811512, mandypreedy@hotmail.com
Tony Stowe, 01438 812327, anthonylstowe@aol.com
Graham Fothergill, 01438 813371, gafothergill@gmail.com
Joy Hall, 01438 812609, bandj.hall@ntlworld.com
David Wilkinson, 01438 243681, d.c.wilkinson@ntlworld.com*

Produced by The Knebworth and Marymead Patient Participation Group