



NEWSLETTER

Church Street Practice
Patient Involvement Group

Number 68 Autumn 2016



COMMUNITY HEALTH AND WELL BEING EVENT

What a wonderful time we had at the Health and Wellbeing event. As Mayor of Wantage I had been asked to open the show and from arrival to departure it was an absolute joy to be in attendance.

It was well organised, with music and a PA system at the entrance, and all of the stall holders were set up and ready to go well before the official opening. I had my two young children with me (6 and 8) which can be a challenge when

speaking publicly, but there was so much going on to keep them occupied that we encountered no problems.

From my point of view (as an ex Scout) it was terrific to see the Scout and Guide movements well represented, with interesting displays of some of the activities they take part in. Inside the venue both practices had been comfortably filled with exhibitors displaying their wares and giving interesting and informative explanations of the services they provide. I was genuinely surprised at the quality and quantity of services and activities on offer which came from both volunteer and council supported groups.

From my children's perspective they were happy as there was tea and cake, but more importantly, face painting, plate decoration, Morris Dancing, exercise regimes and a Rounders demonstration to mention but a few of the activities going on during the day. We stayed for the duration and the time just flew by.

I would like to say a big Well Done and Thank You to the Patient Participation Groups who put this together, and if you didn't manage to get along this year, look out for the next one. It really is worth a visit for all age groups, with or without children, and I am sure you will enjoy yourself, and hopefully learn something about our super Health Centre in Mably Way, and the services and activities available to all of us in Wantage, Grove and the surrounding area.

Steve Trinder, Wantage Mayor



I would like on behalf of the PIG committee and the Event sub-committee, made up from LINK and PIG to thank the Mayor and all those who attended, all the stall holders and to everyone who helped in any way to make a success of the day. Judging by the comments we received in our survey (a few of which are printed below) it really was a great day!

The complete results of this survey will be in the next Newsletter in January.

Editor

“Really great to get the whole community together, making everyone aware what’s available.”

“Lots going on, everyone very friendly and welcoming.”

“Very well organised, lots of people, stalls and activities”

“Encouraged to sing and join older and bolder group”

“Interesting volunteer program”



COMO BREAST CANCER SUPPORT GROUP

offers much needed emotional support for those affected by breast cancer in our area, away from the hospital environment. The Group is run by volunteers who have first-hand experience of coping with breast cancer and who now wish to support others facing the same experience. The Support Group is available every Thursday, at the Como Centre in Grove (*above Bellingers Garage, editor*), and you can pop in any time between 10am and 4pm. Reflexology and Reiki are available each week, as well as coffee, tea, biscuits and a chat. The service is entirely free.

More information is available on the website at

<http://comobreastcancersupportgroup.weebly.com/> or contact Elaine Collier at comobreastcancergroup@gmail.com or 07766 565517. Alternatively, why not just pop in and say hello on Thursdays – you are more than welcome to bring a partner/friend and you can be assured of a warm welcome. *Elaine Collier*

DIABETES SUPPORT GROUP

2.00 – 4.00pm In the Health Education Room ,

Mon. Dec.5

Alison Ions, Diabetic Dietician

We are what we eat! It can make such a difference to people with diabetes!

Patients from both practices are welcome

Ring Jean 868396 for more details

DROP IN FLU CLINIC

The next flu clinic is scheduled for Saturday October 15th, 9.00 – 12.30

If you missed the first one make sure you come to the second, it is very important for those who are at risk.

PIG

COMMUNITY INFORMATION NETWORK

Stay involved, informed, in touch.

A Free information service in Oxfordshire to help you stay independent and live life to the full.

Whether you need help at home, want to discover local activities in your area, or find out about benefits and support to help you live independently- your local Community Information Worker can help you.

Your Vale of White Horse Team:

Mandy Richens: 07827 235429 amandarichens@ageukoxfordshire.org.uk

Sonia Robinson: 07827 soniarobinson@ageukoxfordshire.org.uk

Oxfordshire ageUK

**WANTAGE AND GROVE HEATH CENTRE
PATIENT PARTICIPATION GROUPS**

**As patients of Newbury Street and Church Street
practices you are automatically a member of either
LINK or PIG**

You are ALL invited to come to our AGMs



**Newbury Street Practice
Public Meeting on Thursday
10 November at 7pm in the Hanney Room,
The Beacon, Wantage**

**There will be a talk on Mental Health and the
Police Force by Inspector Jan Penny
Followed by AGM at approximately 8pm**

Church Street Patients, many of you missed the visit two years ago of Inspector Penny to the PIG AGM. Everyone who was there were impressed so do take this opportunity to hear about this important subject

Editor



Church Street Practice

**Public Meeting on Wednesday
16 November at 7.30 pm in St. John the
Baptist's Church Hall, Grove**

**A Panel of Local Pharmacists will discuss
their services**

Followed by a Q.& A. session.

Followed by AGM at approximately 8.45pm

Questions may be asked at the meeting or submitted in advance to the Chair (Jean, jean@jcsutherland.wanadoo.co.uk) or handed into the reception desk for the attention of P.I.G. Thank-you, P.I.G.

I would strongly urge patients to attend both AGMs, the public parts of each meeting are open to all. Church Street patients please come to our AGM, we are always looking for new members of the committee and to add to our list of helpers and those who take a keen interest in our involvement with the practice.

DR. CHERYL FAIRLEY

I started as a trainee in Church Street Practice in 1999 to "try out" this General Practice thing, but little did I realise that I'd still be part of this extended family 17 years later! However, it is now with a mixture of sadness and excitement that I am moving on, back to my native Scotland, to be nearer the family that we love and miss very much, and to achieve a better work-life balance for all of us. We will take with us fond memories of everyone we have met here over the years- colleagues, friends and patients & their extended families. It has not been an easy decision to make, but with 20+ career years ahead of me, now is the right timing for me and my family to move North of the Border. And no, nothing to do with Brexit!

I understand that this may come as a surprise or shock to some, but I will be working as usual until the end of March, through the busy Winter period. It would make things very much easier - emotionally and administratively - if you, as my loyal patients, could try to carry on as normal and only make appointments for medical issues, rather than just to say "goodbye" please. I can assure you that my partners are already looking for the perfect replacement for my position, giving them plenty of time to find the right person for the job.

Thank you for your understanding, and for the opportunity you have all given me to grow as a person and GP by allowing me into your lives, however brief - it is this which gives me the enthusiasm and love for the job to take on my next chapter in life!

Cheryl Fairley

I can't believe that it is 17 years since Dr. Fairley joined the practice!. When the members of the P.I.G .committee were told the news just prior to this newsletter being published there was a concerted cry of "OH NO!" A proof, if one was needed, of how much Dr. Fairley is liked and appreciated by all the patients who come into contact with her.

She will be very much missed but on behalf of all patients we wish her and her family the very best of luck and happiness in Scotland and success in her new job after March.

A word of warning, Look out for those.....midges!

Editor

LETTERS

It is really IMPORTANT that we hear from you, all patients are automatically members of PIG!



Also please use the PIG suggestion box in the waiting room.



If you don't wish to keep this newsletter please pass it on,

The editor thanks everyone who has contributed to this Newsletter which is prepared and compiled by and on behalf of the patients of Church Street Practice.

Suggestions, letters, articles and ideas are always welcome.

Please contact:

Jean

868396

jean@jcsutherland.wanadoo.co.uk

churchstreetpig@gmail.com

Practice website (which includes PIG Information)

www.wantagechurchstreet.co.uk

Doc to a patient:

- Please, bend your knee.
- Which way, doc?