

# Milestone Surgery Patient Participation Group

December 2013, Edition 1

## Introduction

### Help Develop the PPG Newsletter

We are looking for people who would be willing and able to help us deliver a regular newsletter for the Patient Participation Group of

Milestone Surgery. If you would like to help with ideas, articles that may be relevant, funny or informative then please contact the PPG at [milestonepatients@yahoo.co.uk](mailto:milestonepatients@yahoo.co.uk)

## Teddy Raffle

When it was decided that the PPG would do some fundraising for the surgery I decided to raffle my collection of teddy bears.

*Lovely Teddies to win in our in-house raffle!*

I made four visits to the surgery with sets of six teddy-bears with a one in ten chance of picking a winning ticket. The biggest bear was won by a nine-month old girl who was smaller than the bear! I raised £151 towards an Information Screen.

*By Pam Minett*

## Membership



Become a member of the Patient Participation Group and get involved in Milestone Surgery. There are lots of upcoming events which we are hoping to arrange and the more members we have the better these will be:

Join in about:

- ✚ Fund-raising events;
- ✚ The annual patient survey;
- ✚ Articles for the new newsletter;
- ✚ Help with administration;
- ✚ Help with your insight and opinion.

It's easy to join either notify the surgery or email:

[Milestonepatients@yahoo.co.uk](mailto:Milestonepatients@yahoo.co.uk)

We hope to hear from you!

## Annual Patient Survey

As a requirement of the new NHS each surgery must conduct a patient survey to ensure that patients are satisfied with the level of

service they receive. Milestone has now been conducting their survey for two years, and this year we are looking to issue ours

before Christmas. If you would like to get involved in this please contact the Patient Participation Group at:

[milestonepatients@yahoo.co.uk](mailto:milestonepatients@yahoo.co.uk)

### Who is the Patient Participation Group (PPG)?

Currently we are a small band of volunteers that attend meetings and get together to discuss issues relating to patients at the Milestone Surgery. Our Chair is Lyn Chana and Secretary Sara Godfrey, either of which can be contacted at the email address above.

We would very much like to increase the numbers in the PPG to ensure that we provide input from the widest selection of the populous that the Milestone Surgery serves. The more people who participate the more we can do together to improve services.

We are currently looking at the possibility of becoming a registered charity (as many of our surgery counterparts have already done) and about future fund-raising events. If you would like to help in any capacity it would be great to hear from you.

## Diabetes: A Silent Killer

Diabetes is a condition where the amount of glucose (sugar) in your blood is too high because the body cannot use it properly. If left unmanaged, or 'uncontrolled', this high blood glucose will gradually affect the blood vessels in your body which can lead to major illnesses such as heart attack and stroke. Uncontrolled diabetes also damages small blood vessels causing blindness, kidney failure and intractable foot infections which often culminate in amputation.

For type II diabetic patients these effects often present very gradually over a long period of time so people may not realise the damage the high glucose is doing to their body until it is too late.

By adapting lifestyle choices to a healthier diet and regular exercise these detrimental effects can be greatly limited. Effective diabetes care can only be achieved through partnership between the diabetic patient and the diabetes healthcare team (for example, your GP or Practice Nurse) – they are there to support you in self-managing your condition.

*Supplied by Ian Scott*

Join the Patient Participation Group at: [milestonepatients@yahoo.co.uk](mailto:milestonepatients@yahoo.co.uk)