

YOUR VOICE

MAY 2018

THE NEWSLETTER OF THE PATIENT PARTICIPATION GROUP
CRANLEIGH GARDENS MEDICAL CENTRE & WESTONZOYLAND SURGERY

PPG Practice Event 5th June 2018

Earlier in the year the Patient Participation group completed a fact find questionnaire with patients in the surgery. This related to holding an event related to an area most people wanted more information on or a chance to speak about that given area.

After completing feedback over a number of weeks the area that most people wanted to discuss was dementia

What did I want?

Have you ever gone upstairs to fetch something and then when you get there you can't remember what it was? Or gone to a drawer and again can't remember what seemed so vital just a few moments ago? Have you planned a trip to the supermarket, decided the things you needed were so uppermost in your mind you didn't need to write a list and then either wandered aimlessly around, looking at the shelves for inspiration or even come home with something totally different? Don't worry, we all do it but as we get older we may begin to wonder if there is a real problem or whether it is just the natural part of ageing.

As the numbers of the older generation increase, more importance is being placed on the "forgetfulness" problems which many people encounter as they age. On June 5th your PPG are promoting a morning with Paul King from the Alzheimer's Society. Paul is coming to give us helpful tips and ways of coping with memory loss, either your own

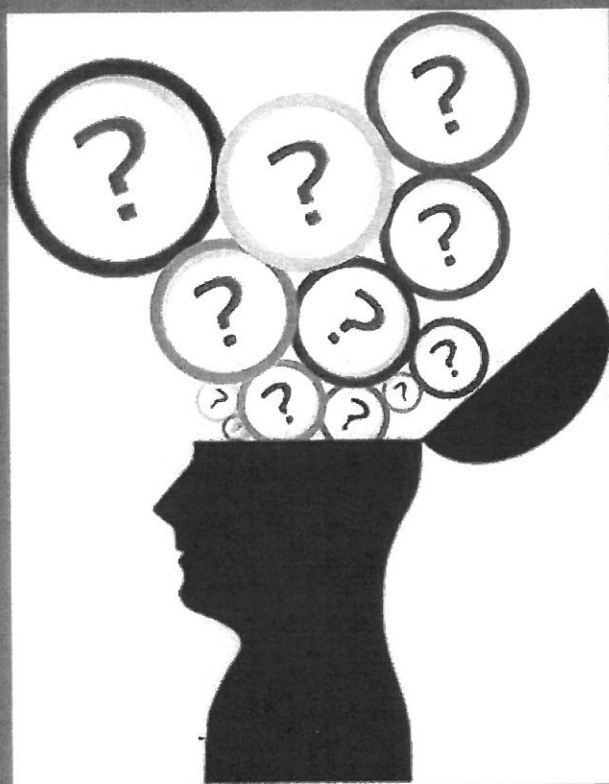
memory difficulties or those of someone close to you. He is not coming to give a diagnosis of memory loss, only your doctor can do that and of course you can always make an appointment to discuss this with them. Paul came to talk to the PPG at one of our meetings and there are so many helpful little tips that we can all do to "jog" our memories, things none of us would have thought of. So if you think "oh! That sounds like me!", put that date in your diary, look out for more information on the rolling screen in the surgery or ask at Reception. Getting older is something we should all celebrate but sometimes we just need a little help!

From the 21st May the reception team will be promoting this event and you will see details of this on the standard confirmation of any appointments you book up until the event is held.

There are also posters advertising the event being displayed in the waiting areas and at the reception desk.

If you want to have a safe environment to discuss or learn about this area please speak with the reception staff or just come along on the day.

Alzheimers.....Do you
have questions?



The Alzheimer's Society will be
here to offer help, advice and answer
any questions you may have about you,
a relative or a friend.

Cranleigh Gardens Medical Center

Date: Tuesday 5th June

Times: 10.30-12.00 and 1.30-15.00

Please reserve your place at reception or

Telephone: 01278 433335