

Promoting Self Care St Lawrence Surgery

Chris Moon-Willems & Jo Wadey

PPG Self Care Champion & Practice Manager



St Lawrence Surgery Worthing, West Sussex



Why?

- Patient Demand increasing
- Right person seeing the right HCP
- Elderly population
- Save wasted NHS resources
- Proactive care not reactive care
- Patient feedback – wanted education
Enthusiastic PPG
- PPG wanted a community feel



7-10 Days Returned Medicine



HEALTH PROMOTION DAY AND GRAND OPENING



THURSDAY 19TH AUGUST 2010

Official Opening @ 2.00.p.m. by the Mayor and guests

ALSO FEATURING

Health & Well-being checks and advice

Street Doctors and Nurses

Specialist talks

Worthing Silver Band

Celebration Teas/Cakes

MR PUMPKIN – Children's entertainer

Emergency service vehicles

Programme
overleaf

EVERYONE WELCOME TO JOIN IN THE FUN!

79 St. Lawrence Avenue, Worthing, 01903 222900

PROGRAMME

2.00 p.m.

Official Opening by the Mayor & invited guests accompanied by the Worthing Silver Band

In the Education Room

2.15 - 3.00p.m.

'Women's Health' by Dr. Mary Floyd

3.00 - 4.00 p.m.

'MR PUMPKIN' – children's entertainer with tricks, laughs, balloons, fun and much more!

(Free entry and Limited Spaces)

4.00 - 4.45 p.m.

'Diabetes & Obesity' by Dr. Josh Ellwood

Also

Guess the Weight of the Celebration Cake

Celebration Bubbles Tombola

Friends of St Lawrence stall

Tours of the new building

Ask one of our Friends of St Lawrence Team to show you around!

Street Doctors and Nurses





Not all about the old



When Should I Worry?



When should I worry -
Your Guide to Coughs
Colds Earache Sore
Throats - RCGP Booklet



CARERS INFORMATION WINTER EVENT (Focus on Dementia)

**St Lawrence Surgery
St Lawrence Avenue, Worthing**

**Wednesday 26 January 2011
10am—12pm**

**Benefits
Advisor**



**Alzheimers
Society**



**Specialist
Dementia
Service**

**Dr James Read—
talking about
respiratory
conditions**

Refreshments



**Fuel Poverty
Advisor**



**Please contact Sarah
01903 536378 for more
information**

This event is supported by The Friends of St Lawrence





Inspired at the Self Care Conference 2012



Take Control Manage your symptoms



Communication Methods

- Practice Meeting – all involved
- Patient Participation Group
- Patient Reference Group
- Email Group (2,800 emails)
- Facebook
- Website
- Newsletters
- Noticeboards





St Lawrence Surgery

100th Anniversary 2012-2014

St Lawrence Surgery has been celebrating its 100th anniversary since 1912. We have a long and proud history of providing a high quality of care to our patients. We are proud to be part of the local community and to have been serving the people of St Lawrence for over a century.

Our commitment to excellence in patient care is reflected in our award-winning services. We have a dedicated team of healthcare professionals who work together to provide a comprehensive range of services to our patients. We are committed to providing a safe, secure and comfortable environment for our patients.

We are proud to be part of the local community and to have been serving the people of St Lawrence for over a century. We are committed to providing a high quality of care to our patients and to being a part of the local community.

St Lawrence Surgery

St Lawrence Surgery is a leading provider of primary care services in the St Lawrence area. We offer a wide range of services, including general practice, maternity, and mental health services. We are committed to providing a high quality of care to our patients and to being a part of the local community.

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St Lawrence Surgery Patient Education Events

Date	Subject	Speaker
Tuesday 14 th May 7.00 – 8.30 p.m.	At the PPG AGM Open Q&A Forum	Expert Panel (Dr Hathaway, Clarke, Michelle Wilson and Jo Wadey)
Monday 10 th June 7.00 – 8.30 p.m.	How to prevent diabetes	Dr Joshua Ellwood and Dr Shuaib Chowdhury
Monday 8 th July 7.00 – 8.30 p.m.	How to prevent and manage high blood pressure	Dr Catherine Joslin
Monday 12 th August 7.00 – 8.30 p.m.	Aware, Be quick, Check it out. Early warning signs of detecting cancer	Albions be cancer aware Sarah Byrne
Wednesday 25 th September 7.00 – 8.30 p.m.	Hot Topics	Dr Anna Guildford
Wednesday 23 rd October 6.30 – 8.00 p.m.	Hearing, Hearing Aids and the how the audiology Dept can help.	Carol Churchill Audiology Manager Worthing Hospital
Monday 18 th	Managing back pain	Dr Ruvisha Patel











Welcome to the fourth newsletter of 2013. This is produced in partnership with the Surgery and the Patient Participation Group.

EVENTS / ACTIVITIES

St Lawrence Strollers:

The walkers now meet **every** Tuesday in the Education Room at the surgery – 9.45am for a 10.00am start. Ian Leedham is our co-ordinator and further details are available on our website. Each walk endeavours to cater for all abilities and new members are always welcome. Why not give it a try next week.

St Lawrence Singers:

The singing season is well under way and this term's main theme is "Songs from the Musicals". In addition, towards Christmas we will be celebrating Christmas Songs. We meet every Thursday (except October 31st) at 7.00pm in the Education Room and new faces are always welcome. It's fun, healthy and accommodates all abilities. Further details are on our website or Contact Sue Pickering, our co-ordinator, for further details. She will be delighted to hear from you.

CONGRATULATIONS:

Congratulations to the following walk leaders/committee on successfully completing the Essential First Aid training course organised by the St. John Ambulance. Barbara Neill, Bob Barden, Chris Moon-Willems, Christine Osborn, Eric Bridger, Ian Leedham, John Fry, Lucy Toghill, Michael Spalding and Sue Pickering. We are grateful for the time given to this course in order to support the work of the Friends and the welfare of participants.

EXTEND/PILATES:

The pilot schemes for Pilates and Extend continue and have been well-supported. If you would like more details they are available on our web-site or contact Kerrie directly on 01903 871338

Dates for your diary:

Summary

- NHS is under considerable pressure
- Empower and educate patients to look after themselves
- The appetite is there for education and support
- Think of innovative ways to get the message across



Thank you

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