**PPG January 2024 update**

Hello PPG members,

Happy New Year! I hope you all had a relaxing and enjoyable time over the holidays before the return to normality.

The surgery has calmed down from the rush before Christmas and we are excited to welcome our new practice nurse Claire to our team! This means we have a new nursing team who are eager to get stuck into things and help the practice be the best it can be for our patients.

**GP patient survey 2024**

It’s nearly time for the annual GP patient survey which will be launched again in January. This is a national survey commissioned by NHS England and managed by the research company Ipsos. A completely random selection of patients from every GP practice will be contacted by Ipsos with an invitation to complete a survey about their GP practice, either online or by post.

The GP practice has no influence over who gets to take part in the survey and they will not know who has been invited to take part. Results of the anonymous survey are published in July.

It’s so important that patients know about the survey and don’t ignore it if they’re contacted so the more people that complete the survey the more accurate the published results will be.

Please spread the word and complete the survey if you are contacted!

**North Dorset Chairs PPG Meeting**

Before Christmas, I attended a meeting with the chairs of each patient participation group around North Dorset including those from: Shaftesbury, Sturminster Newton & Marnhull, Blanford, Gillingham, and Sherborne.

I am hoping our PPG will eventually have someone willing to become chairman/woman which will allow the group to become more patient-led!

It was great to listen to what other practices were getting involved in and new ideas and initiatives that the PPG’s were establishing. For example, the Sherborne PPG have continued overseeing groups such as their military veteran support group, and bereavement group which have proved to be helpful and popular.

If anyone would like to hear more information about what else is going on in north Dorset or have any ideas about expanding our PPG further feel free to drop me an email.

**Diabetes UK webinars in January**

NHS Dorset’s Diabetes Programme Support Team have arranged a webinar coming up in January:

Diabetes and the Menopause

Date: Tuesday 23 January 2024

Time: 6.30pm-8.00pm

Register online here: [Diabetes and the menopause register on Eventbrite](https://diabetes-menopause-2023.eventbrite.com/)

Anne Eltringham Cox (Community Diabetes Specialist Nurse) will discuss the menopause, how or effects women’s experience of living with diabetes and what they can do about it.

**Bereavement Cafes in Weymouth and Dorchester**

Delivered in partnership with [**Mosaic: Supporting Bereaved Children**](https://mosaicfamilysupport.org/) and [**Dorset Mental Health Forum**](https://www.dorsetmentalhealthforum.org.uk/) we are hosting bereavement cafes in Weymouth and Dorchester this Winter. **Open to everyone**; they are a place for you to find out about what bereavement support is available, to share feelings of grief and loss, to talk through opportunities to commemorate, remember and celebrate the lives of your loved ones. **No booking necessary**, come along on your own or bring friends and family, or just join us for a coffee and a chat.

Where & When?

January 2024: Tuesday 23 January; 30 January: 4.30pm to 6.30pm @ The Front Skate Park, Preston Beach Road, Weymouth, DT4 7SX

Our Tuesday sessions are jointly delivered by [**Dorset Youth**](https://dorsetyouth.com/) on The [**#WillDoes Bus**](https://www.willdoes.co.uk/).

Thursday 18 January; 25 January & 1 February: 4.30pm to 6.30pm @ Dorset Mental Health Forum, 29-29a Durngate Street, Dorchester, DT1 1JP

To find out more information speak with the team**:** Tel: 01305 361361 or Email: **dhc.dorsetopendoor@nhs.net**

**Newsletter and new practice leaflet**

I have been busy creating a new leaflet for the surgery so that all the information is up to date and in line with the information on our website. The idea is to begin sending out the leaflet by email to newly registered patients so that they have an electronic copy. I shall also be printing out some to have in the waiting room too.

I will shortly begin writing our next seasonal newsletter, please feel free to send in any information that you think would make beneficial or interesting reading!