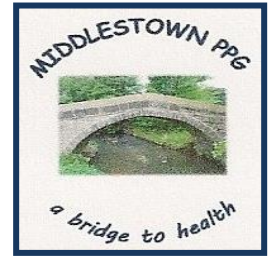


# MIDDLESTOWN PATIENT PARTICIPATION GROUP



SPRING



2015

## ELEPHANTS IN THE GARDEN

When I had my babies, everyone was delighted - couldn't wait to meet them, bring them things that would delight, share my pleasure. When they grew up - changed/entered new phases of life - everyone was delighted all over again. No-one sympathized with me because I had lost my babies.

But when my mum got dementia - changed/entered a new phase of life - everyone mourned what she/we had lost. No-one said, 'What's new? Everyone said, 'It must be so awful to lose your mum'. Lose her! I had her by my side every minute of the day and quite a few of the nights as well. No question of having lost her!

There were so many new things to delight in. Several times a day she asked me to dance. She pointed to angels in the house and elephants in the garden and described them in detail. She asked, 'Who are you?'. When I told her she touched my cheek with such tenderness saying, 'My daughter! How lovely to meet you!' We met afresh.

If we mourn what was, instead of embracing what is, we miss these everyday delights. Making both the business of living with dementia, and caring, so much harder.

*From Penny Greenland who looked after her mum, Audrey, at home for eight years, through middle and late stage dementia. It was genuinely a good time. She is the director of an Arts Organisation and worked throughout, thanks to a fabulous team of family and friends who all pitched in.*

We all know how devastating dementia can be, not just for the sufferer but also for those around them. We are trying to identify any of our patients who may have dementia who are not known to us. Although there is no cure for dementia yet, there are some drugs that may slow down the progression of dementia in some people. It is also helpful for your doctors to know who is suffering with dementia so that they can involve people and services to support and help. If you know someone who has a problem with their memory encourage them to see a doctor or nurse to discuss it.

Thank you to everyone who completed our short survey with the Winter Newsletter. Your response and comments are gratefully received. We will feed the response into our future planning. Keep an eye on our Notice Boards and Newsletters for more information.

Is there anything that you can do to reduce your risk of developing dementia? While some factors, such as your genes, are out of your control many powerful lifestyle factors are within your influence. By eating well, exercising, staying mentally and socially active, and keeping stress levels down, you may be able to prevent Alzheimer's symptoms and slow down the process of deterioration. It is never too early or late to make a change. When you lead a brain-healthy lifestyle, your brain will stay working stronger for longer.

Come along to the surgery on Thursday 30 April for our next **One Day** event. Look at what is on offer on the theme of **Mental Health Awareness**. Rightsteps and Dementia Champions will be in the surgery from 9 - 11am. We shall also have leaflets from other groups for you to take away.

## NEW: Direct access physiotherapy service

If you are interested in getting to know more about your surgery and its performance check out the **NHS Choices** and **gp.patient** websites. Also check out the Middlestown surgery website at **middlestownmedicalcentre.nhs.uk** where you will find more information about the surgery, its services and the PPG.

The Practice now offers the option of seeing a physiotherapist without having to see your doctor first if you have a muscle or joint problem. This is just one of the new choices put in place using the extra money we have from the Prime Minister's Challenge Fund.

Anyone aged 16 or over who has joint, neck or back pain can use the service. You will usually be offered an appointment within a few days at your GP surgery. This involves a 10 to 15 minute assessment by an experienced physiotherapist, who will give advice about pain relief or exercise.

Most people need no further follow up. However, if you do need a course of physiotherapy, the physiotherapist will ask your GP to refer you.

If the physiotherapist has any doubts about your health, they will speak to a GP the same day and an appointment will be arranged if necessary.

The service is not suitable if you are feeling generally unwell, have pain in your chest or abdomen or have a neurological condition (such as multiple sclerosis) or have had a stroke.

Ask at reception if you think the service might be suitable for you.



The scene at our last **One Day** event in February where Wakefield Hospice & Wakefield Carers were in the surgery.



## COFFEE & CAKE EVENING

Come along to Middlestown Medical Centre to meet your Patient Participation Group (PPG) members, and join us for a cuppa and some home-made cake. Stay on to the AGM and if you are interested in joining the PPG please put your name forward.

**Tuesday 19 May 2015, 7pm**

**Middlestown Medical Centre**

**ALL PATIENTS INVITED**

**Your PPG Needs  
YOU**



Had trouble parking at the surgery when it is very busy? Did you know that you can use the car park at the Working Men's Club, just down the road from the Middlestown surgery, if you wish. Many thanks to the WMC for offering us this facility.

Our next Newsletter is due on 13 July & another **One Day** event on 23 July.

**Tip for a healthy lifestyle:** If you smoke, stop. It's the biggest thing you can do to help your health.

You can also view this Newsletter on our PPG webpage at [www.middlestownmedicalcentre.nhs.uk](http://www.middlestownmedicalcentre.nhs.uk)  
Please pass this Newsletter on to family or friends after you have finished with it.