**News from Clift Surgery and the Patient Participation Group**

**Community Health Days**

Following on from the very successful health day at Clift Meadow in January, the dates have been released for the next 12 months

These daytime events are aimed at all patients in the Whitewater Loddon PCN. Please consider coming if you are out of your area. These days, taking place on Tuesdays, are informative and supportive and will be run by GPs and medical specialists and associated organisations.

* **May 20th** **Hook** at Hook Community Hall. 11am – 3pm Focus is Cancer Care .
* **September 23rd** **Chineham**. (venue and time TBC) Focus: Frailty and Carers.
* **January 27th** **Bramley** (at Clift Meadow buildings time TBC) Focus: Diabetes.

More details will be available nearer the time and will be published in the Bramley Magazine. Please spread the word by encouraging family, friends and neighbours to attend.

**Making the most of your appointments**

There is a useful piece on the Patients Association website **www.patients-association.org.uk** about making the most of your medical appointments.

In summary it suggests that:

**Before you visit**

Many appointments are limited to 10 minutes. There may also be a limit on the number of issues you can discuss. Being prepared can help you make the most of your appointment.

**Note your symptoms**

The note can be written down or recorded on your mobile phone. Try to include:

* When your symptoms began; What they are;If they follow a pattern; How they impact your life or family

**Note any medication**

* Make a note of any medicines you are taking or treatments you have tried. This includes treatments for other conditions, including physiotherapy and herbal remedies.

**Prepare some questions**

* You may find it helpful to make a short list of questions before your visit.

**During your visit**

* If you feel you need support, you can take a relative, friend or carer to your appointment. They may also be able to help you remember or understand what has been said.
* Discuss your main concern first. Do not feel you have to justify being there or leave your main concern to the end.
* It is important that you are honest with your GP about your lifestyle. For example, how much you drink or exercise. You should also be honest about your concerns.
* Ask about anything you are unsure of. If you do not understand, ask before leaving the room. Take a notebook and pen to make notes to help you remember what was discussed or record notes on your phone app.
* You may think of questions to ask after your appointment. Find out who you can contact to get these answered. You can also find out the names of any support groups providing reliable information.

**Appointments at Clift Surgery in February**

The number of appointments made at the surgery in February was **3925**. Of these, **3828** patients attended their scheduled appointments. This demonstrates how busy our surgery is and how important it is to cancel any unwanted appointments.