



# ***Triage***

## The newsletter of Wyndham House Surgery

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## Memory Café Open

The Memory Café was officially opened in June 2016 by Dame Margaret Turner-Warwick. It provides a weekly social meeting place and support for people in Silverton (and the surrounding villages) with memory loss or dementia and their carers.

Trish Jones (our retired Practice Nurse) runs the Café along with trained volunteers and support from health professionals. There are now 30+ attending regularly; exchanging experiences, giving and receiving emotional support. Everyone is welcome. The Memory Café also offers a drop in service for anyone who has concerns about their memory or the memory of a loved one or a friend as well as providing opportunities to aid memory through games, music and other activities.

The group runs at St. Mary's Church Hall, Silverton every Thursday afternoon, 2.00pm to 4.00pm. Entry, tea, coffee, biscuits and cake are all free of charge. Help with transport also available if needed.

For more information please contact:  
Annette (Secretary) on 01392 860983  
Trish (Chairperson) on 01392 861466  
Paul (Treasurer) on 01392 860583

## New Registrar GP

In August our new Registrar GP, Jemima Ewart, started working at Wyndham House Surgery. She currently works on Monday, Wednesday and Thursday.

Jemima graduated from UCL in 2007 and since then has mostly worked in the South West. In 2011 Jemima began GP training and currently works part time, caring for her two children on her days off. This is Jemima's last year as a Registrar and she is looking forward to the challenges of working as a fully qualified GP. In her spare time Jemima enjoys sailing and watching the Exeter Chiefs play rugby.



## Balance Classes

**Are you worried about becoming increasingly unsteady on your feet?** Thanks to support from the Friends of Wyndham House Surgery, the Balance Classes for people who have had falls, or are at risk of falling, continue in Silverton Community Hall on Thursday mornings. They are run by Margaret Clough with the aid of volunteers. The idea is to guide you in improving balance, co-ordination and leg strength in an attempt to reduce the risks of falling. Prevention is the aim so please put yourself forward for a class before you suffer a fall. There are currently places available for the next group of classes. For more information please contact Margaret Clough on 01392 860971.



### Jeans for Genes Day

The surgery would like to say a big thank you to everyone who got involved and helped us raise money for Jeans for Genes Day on Friday 23<sup>rd</sup> September 2016.

## Annual Flu Clinics

**Are you eligible for an annual Flu Jab? Our Flu Clinics this year are on Friday 21st October all day and Tuesday 1st November in the morning at Silverton Community Hall.** The flu vaccine is available to all adults over 65, children ages 2 – 7yrs (5 – 7 yrs will receive their dose at school), pregnant ladies and those people with long term health conditions (Diabetes, COPD, Asthma, Heart disease). If you are unsure if you are eligible for a flu jab or would like to book an appointment, please contact the surgery.

## FOWHS Annual General Meeting

The Friends of Wyndham House will be holding their AGM on Wednesday afternoon November 16<sup>th</sup> in the Community Hall. The formal proceedings will be followed by a talk from Dr Anthony O'Brien entitled The NHS: myths and mistakes unmasked. He will speak about old and recent NHS campaigns / projects that have been successful but not received the appropriate publicity and praise. He will also touch on the less successful and their consequences.

### Christmas

We will be closed on Monday 26<sup>th</sup> & Tuesday 27<sup>th</sup> December for Christmas and Monday 2<sup>nd</sup> January for New Year, so please order prescriptions in good time before the festive period begins.

### Patient Survey 2017

The survey for next year is in preparation and will be available from February in paper format from the surgery and also online at SurveyMonkey. Look out for the link on our website nearer the time and please let us know what you think of our surgery.