



## **Friends of Wyndham House Surgery**

### **Who are we?**

The Friends of Wyndham House Surgery (FOWHS) is a registered charity formed in 1991 by Frank Varley to support Wyndham House Surgery. It was initially funded by a very generous legacy, but now relies solely on the goodwill of volunteers and any donations we receive.

### **What are our objectives?**

To support and fund activities to relieve sickness and preserve health in the practice area which is bounded by Upton Pyne, Brampford Speke, Cadbury, Bickleigh, Bradninch, Butterleigh, Huxham, Rewe, Stoke Canon, Thorverton, and Silverton.

### **What do we do?**

We fund a number of programmes to support patients of Wyndham House Surgery. The Friends contribute to the cost of accommodating the activities listed below:

**BERTIE** – A service that delivers medications to elderly and/or housebound patients

The trusty Skoda Yeti (nicknamed Bertie) is one of our major success stories and has been running since 2008. Thanks to a team of volunteer drivers Bertie delivers prescribed medication four times a week to elderly and housebound patients. Last year around 14,400 prescriptions were delivered to over 300 patients across the practice area.



Please talk to your doctor or dispensary staff if you would like to arrange for Bertie to deliver to you.

**Link Up** – A volunteer driver will take patients, who find it difficult to travel, to their medical appointments.



Link up drivers are all volunteers who provide transport to enable people in the area with mobility problems to access the Surgery, hospital or dentist. Last year we made 402 journeys and helped many patients get to their appointments at the surgery or hospital.

Please look in the Parish magazines to find the list of volunteer drivers' and phone numbers, or ask for information at the Surgery Reception.

**The Palliative Care Project** – A former nurse (Jan Hebditch) who visits patients who need symptomatic and palliative care, conducting assessments and some treatments, and referring on to other support agencies. Referrals to Jan are normally made by our GPs.

**Men's Keep Fit classes** - Monday mornings 9.30-10.15am in the Millennium Hall, Silverton, £3 per session. No need to book – just turn up (no classes over the summer).



**Ladies Keep Fit Classes** - Monday mornings 10.30-11.15am in the Millennium Hall, Silverton. £3 per session. No need to book – just turn up (no classes over the summer).



**Balance Classes** - We are now running courses of Balance Classes for people who have had falls, or are at risk of falling. These classes help to improve your strength and reduce the risk of falling. For more information, please leave a message for Trish at the surgery.



**Chairobics** - Monday mornings 11.30-12.00 midday in the Millennium Hall, Silverton. £2 per session. This is a new class for people who have completed the Balance Classes and wish to maintain their strength, fitness and confidence.

**“Knit and Natter” (September –March)** - Bring your own crocheting or knitting –all welcome. £1 plus 30 pence for a cuppa. Call **Claire Barton 01392 860704**

#### Surgery Equipment not funded by NHS

Over the years FOWHS have funded a large amount of medical equipment not available under the NHS. For example, recently we have funded the cost of a second machine to carry out INR Blood tests and the new TV Obelisk (also in partnership with the Silverton Parochial Trust).

Who is involved Photos of Committee members - yet to be added - watch this space!

What you can do to support us?

Volunteer as a Linkup driver – call Roger Higman on 01392 860571

Volunteer as a Bertie Driver – leave a message at the surgery for Bertie Mike

Volunteer to be a helper at Balance classes – leave a message at the surgery for Trish Jones

Make a donation, small or large, it all helps to support our work, and if you are a tax payer and you can gift-aid a donation it increases the amount we receive. Donations can be made in person or posted to the surgery. Cheques should be made payable to "The Friends of Wyndham House". If you are a UK tax payer don't forget to ask at reception for a gift-aid form or download one here: [Gift Aid Form 2016](#)