

We have been busy!

Volunteers from the PPG have been working on the front garden, tidying and clearing overgrown plants.

We have also donated, installed and planted up a container by the gate, which we hope will give pleasure to those who visit throughout the year



JOIN YOUR PPG!

To support the Surgery and its patients the PPG always needs new members

Join us as an ACTIVE member

or

as a VIRTUAL member through an email link

TO FIND OUT MORE PLEASE CONTACT

Margaret Booth

margaret_booth@btinternet.com

Nigel Gater

nije.gater@blueyonder.co.uk

For further information about the PPG check us out on the Falkland House Website

Next meeting:

Monday February 6th

7.00 pm

Falkland House Surgery

Falkland House Surgery

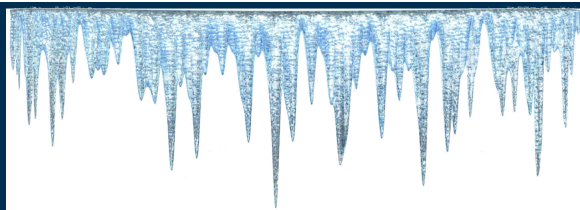
PATIENT PARTICIPATION GROUP

Newsletter

Winter

2022





Staying Well in Cold Weather

Some people are more vulnerable to the effects of cold weather

- Those aged 65 & older
- Babies & children under the age of 5
- Those on a low income [so cannot afford the heating]
- Those who have a long-term health condition
- Those with a disability
- Pregnant women
- Those with a mental health condition

Advice for staying warm

- Keep your home heated to 18 deg.
- Keep your bedroom windows closed
- Keep active when indoors
- Wear several layers of clothing
- Eat one hot meal a day

For advice on help with heating costs contact

Citizens advice tel: 0808 278 7820

<http://citizensadvicesheffield.org.uk/>

What is a Physician Associate?

A physician associate supports GPs in the diagnosis and management of patients, and is shared across Practices in the Local Network

Falkland House Surgery has 2 physician associates—they are: Ikrha Amim & Anastasia Pinches



This is Anastasia



Did you know that.....

Falkland House Surgery has been voted the best GP surgery in Sheffield for 2022, in a GP patient survey undertaken on behalf of NHS England.

In the survey 99% of patients found the surgery very good

**Well done
Falkland House
Surgery!**