

**The Patient Participation
Group's
Weather-themed Christmas
Quiz is out now!**



You may be the winner of one of two book tokens of £25 and £15 and supporting our 2 charities and the PPG activities at the same time

NO CASH?

NO WORRIES!

This year you can pay by Bank Transfer - details on the back of the quiz sheet

Buy each quiz for £1 [or more]

Our causes this year are:

The S2 Food Bank

The Archer Project

and the Falkland House Surgery Patient Participation Group

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 January 27th 2025

6-8pm

Falkland House Surgery

Falkland House Surgery

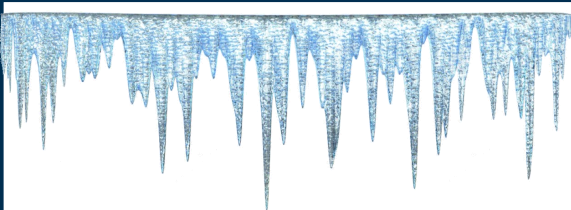
**PATIENT
PARTICIPATION
GROUP**

Newsletter

Winter

2024





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

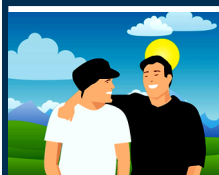
Advice for staying warm

- 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: 0800 448 0721

<http://citizensadvice/sheffield.org.uk/>



Are you a carer?

A carer is someone who provides practical and/or emotional support to an adult or child with an illness, disability, frailty, mental health difficulties or an addiction.

Let the surgery know if you are a carer so we can document this on your medical records.

As a carer you are entitled to free 'flu vaccinations and we can provide you with support, advice and information.

Carer Support Groups take place across Sheffield on a regular basis. They are a great place to meet others going through similar experiences.

For up to date information please visit:

**[sheffieldcarers.org.uk/
carer-activities](http://sheffieldcarers.org.uk/carer-activities)**

PPG PATIENT SURVEY OCTOBER 2024

A big thank you to the 242 patients who completed the survey!

The PPG carried this out on behalf of the Falkland House Practice to find out more about what patients value and what they think could be improved.

Want to know what patients think?

A brief summary of the findings (plus the full report) will be published soon on the Patient Participation page of the Falkland House website.

You will also be able to pick up a paper copy of the summary at Falkland House.

Watch out for further information about what happens next!

Flu and Covid Vaccinations

Since September Falkland House surgery has given 1251 flu vaccines and 895 covid vaccines

Thank you for supporting us

