

# Prince of Wales Surgery PPG Spring Newsletter

## **CHAIRMAN'S CHATTER**

Welcome to the Spring 2026 edition of your Patient Participation Group Newsletter.

In this edition you will find updates on our recent activities and achievements - all undertaken on your behalf. Read how our Bookcase / Jigsaw Puzzle shelf has now become such a well used, regular feature in the downstairs Waiting Room! There are updates on our Strollers activities, Staff profiles, our latest "Health and Wellbeing event" which focussed on Heart Health, new Website access, Digital information, and more!

We are pleased that we have been able to support the Surgery with the reorganisation of the waiting rooms, and hope that you enjoy all the new artwork, which will be rotated approx every six months. We are particularly pleased that the children's area in the downstairs waiting room has now been revamped, and now looks a lot more inviting and relaxing for the children – with more ideas still in the pipeline.

If you have any comments, or observations, on anything in this newsletter, or anything else, please contact me at:- [Boxdragon54@gmail.com](mailto:Boxdragon54@gmail.com), or leave a message for me at the Surgery Reception.

Peter Hazelton - Chairman PPG

## **PRINCE OF WALES STROLLERS**



Following our Christmas coffee, the months January to March were challenging due to the weather, so we abandoned the Stroll and only met at PEPPINA for coffee at 10:30. Spring is now upon us, so from April our Summer Programme starts and the regular Strollers will again meet at the Surgery at 10:00 on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of every month. This is a great way to get out, enjoy the fresh air, meet and make new friends - and enjoy a genuine "stroll" at your own pace. One of the PPG organisers will always be with the last person in the group, so there is always a partner to stroll with. The stroll finishes at Peppina on Poundbury where you can relax and enjoy a chat over a tea or coffee. Please check the new advertisement posters for full details.

Any questions please ring 01305 25772. Full details can be found on the new advertisement posters in the Surgery, and new members are always welcome!

## **BOOKS AND JIGSAWS PROJECT REPORT**

We extend a big 'Thank You' to all the Patients who are now using our bookcase to find that elusive good read, whilst at the same time leaving a donation to help our various projects. There has been a regular reorganising, and replacing, of the books and jigsaw puzzles, because the total donations have been just over £51 since Christmas. This is a fantastic result, which is due entirely to your generosity.

This is helping your Patient Participation Group to support a variety of events which are all aimed at encouraging every Patient to take a proactive approach to their healthcare. The project has now become a permanent, and well used feature in the downstairs waiting room at the Surgery – and we have recently added a second bookcase in the upstairs waiting room! They offer not only regularly changing book titles, but now jigsaw puzzles as well. This well used project is only possible because of all the generous donations of unwanted books and jigsaw puzzles. If you are checking or clearing your bookcase, please consider donating any unwanted books, or jigsaw puzzles, to keep this project running. We are happy to collect any items from you. Please use the contact email address on this newsletter, or leave a message with the Reception Team at the Surgery. Thank you!

## **MEET YOUR SURGERY TEAM! (2.) - Practice Lead Nurse - Rachelle Pearce**

I qualified as a nurse in 1990 from St. Mary's Hospital in London. My first nursing job was at St. Marks hospital London, which was a colorectal hospital. I went travelling for a year and worked in Australia as a

nurse which gave me an insight into how other health care systems work. On my return I started at The Royal Marsden hospital, where I stayed for 12 years and obtained my degree in cancer nursing and moved from staff nurse to sister of the medical day unit.

Since moving to Dorset I have worked at Joseph Weld hospice, community nursing in Bridport and am now settled into practice nursing. I have been a practice nurse for 11 years and started my practice nursing at Portisham Surgery.

## **HEART HEALTH EVENT**



We held the latest in our "Health and Wellbeing" events on Wednesday 18th March – concentrating on Heart Health. Various stakeholders attended, as this event did not concentrate solely on heart illness, but also on everything that can be done to support good heart health. We were also fortunate and very grateful to have a home blood pressure monitor donated by Tesco Store in Dorchester, which was raffled that evening - with a free ticket being given to everyone who attended.

There were not as many Patients able to attend as we had hoped for, but those that were there found out about subjects as diverse as Tai Chi, Chair Yoga, Taking Strolling exercise, and how to effectively use a Defibrillator

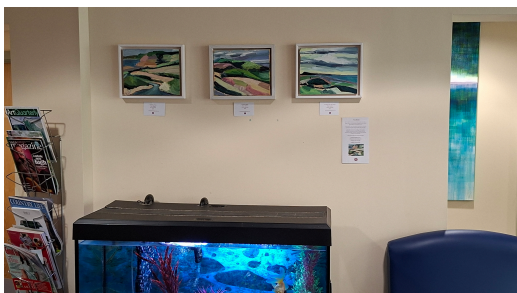
which was repeatedly demonstrated by one of our local Paramedics. The attached picture shows some of your PPG at the start of the event, with the Blood Pressure Monitor raffle prize.

## **NEW ARTWORK IN THE SURGERY WAITING ROOM**

The PPG is delighted to announce another project that we have undertaken for all the Patients at our Practice.

We have been involved with the Art in Poundbury group, who have completely revamped our waiting rooms with new artwork. This group has taken on the display, and the hanging, of numerous works of art all round the waiting rooms, including the children's area. These works of art will be changed, or rotated, on a regular basis to keep the waiting rooms looking fresh, and different. The PPG are pleased to have been able to support this project for you, by paying for all the new permanent wall hangings and fixings for these moveable pieces of art.

We do hope that you enjoy the new look of the waiting rooms with this artwork. Final tweaks will ensure everything looks neat, and further additions are in the pipeline.



## **TIPS FROM YOUR DIGITAL CHAMPION Some Good News – Request Help Online**

Here is some good news about a really useful facility available to all PoW patients, that saves patients and PoW staff time, unnecessary journeys to the surgery, and low-level anxiety.

**SystemConnect** isn't new, but maybe it is new to you? It is an 'email' system via the PoW Surgery Website (NOT the NHS App), for non-urgent communications.

Once the web page is complete, and sent in, within a couple of days a reply can be expected from one of the Doctors.

This is a very impressive tool that is here to help make the surgery more streamlined. It doesn't work for all issues, concerns and worries, but it will definitely help with some. Is it known throughout the surgery's patient population? Do you know about it, and how it works? Help accessing the system can be given by booking a totally free session with me, the Digital Champion, at our Surgery.

Mike Watson



**There is a QR code above** - Scanning this Code will take you direct to the

Surgery Website – this is useful to keep up to date with Surgery news and gives patients opportunity to use the various services provided by Prince of Wales Surgery. It provides easy access to patient's personal

records. **Do please use it!** If you have any problems and need help with this our Digital Champion will be able to get you started.