

## **MARTLESHAM SURGERY - PRACTICE & PATIENT GROUP (PPG) NEWS JUNE 2019**

We have been a bit quiet over the past couple of months because we've been busy welcoming FIVE new members to our group - a big thank you to all our members, new and existing. We've also been working on an exciting new project.

As a PPG, we were delighted to obtain funding to run a series of three falls prevention programmes over the next year, which could help up to 24 patients. The surgery identified those who are at higher risk of falling as a result of muscle weakness, poor balance or other long-term health conditions. The PPG then hosted an information event on 16<sup>th</sup> May to explain more about what's involved. If you were invited to attend but couldn't come on that date, it's not too late. The first programme starts in September and there will be two more to follow. If you would like to find out more, please get in touch with Lynne Marsh, Practice Manager at the surgery (email [lynne.marsh@nhs.net](mailto:lynne.marsh@nhs.net) or leave her a note with reception).

If you are interested in joining the PPG or would like to know more about what we do, please email: [MartPPG@gmx.com](mailto:MartPPG@gmx.com) or leave your contact details with reception marked 'FAO PPG'.