



Unit 27 Tallon Road, Hutton Industrial Estate
BRENTWOOD, Essex CM13 1TE

Tel +44(0)1277 222050
Email: admin@lighthousefurniture.org.

LIGHTHOUSE FURNITURE PROJECT LTD

We are a local furniture and appliance re-use charity based in Brentwood. We operate across much of South Essex. Our main aim is to alleviate hardship and improve the quality of life of vulnerable people within the community. This often includes homeless families and individuals and others in some form of housing crisis. We do this by working in partnership with Social Services, Women's Refuges and many other local agencies. Details of what we can do can be found on our website www.lighthousefurniture.org.

People may donate any unwanted items, which we would collect for free, thus saving the inconvenience and cost of disposing of them and avoiding the items going to landfill.

The Project Manager, Brian Darwood, can be contacted on the above number.



Registered
Charity 1099391

Patient Involvement Group

Based at The Danbury Medical Centre

Newsletter
Autumn 2011

Where every
Patient is a
Member

Welcome to the Latest Edition of Your Newsletter

Patient Involvement Group Committee 2011/12

Officers	Members	Co-opted Members
Eleanor Dove (Chairman) Malcolm Reid (Treasurer) Laurie Bowes (Secretary)	Paul Baker Angela Cooke Richard Creak Frances Harrison Gill Mandl Irene Randall Tony Williams	Brian Johnson

The Patient Involvement Group now features an 'amazon' banner on its home page:

<http://www.danburypig.org/>

If you buy goods after clicking through from this link a 5% donation will go to PIG.

Help us to



help you

PIG supports the surgeries in Danbury & Bicknacre by running health awareness events, first aid training sessions and by buying equipment not normally available through the NHS

DANBURY VILLAGE HALL CENTENARY 2012

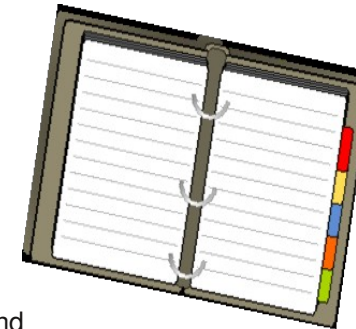
CAN YOU HELP?

This year will be all systems go, building up to the centenary celebrations the weekend of 5th May 2012.

During the celebration weekend we would like to display copies of photographs of events held at the hall, past and present. The older the better, or tales you can tell about the hall. Did you meet your long life partner at one of our dances? Did you take your babies to be weighted there? We would love to hear from you with your memories.

Please ring Barbara French on 01245 225204

DATES FOR YOUR DIARY



MONDAY 31st OCTOBER

CHRISTMAS QUIZ SHEET (cost £1.00) these will be available from your surgeries and committee members. Final entry date for the chance to win a prize will be Wednesday 7th December

SATURDAY 12th NOVEMBER

PROSTATE AWARENESS with Dr Ranjan Thilagarajah MS FRCS (Urol), Consultant Urological Surgeon - to be held at St John's Church Hall, Danbury at 9.45 -11.45 am

SATURDAY 26th NOVEMBER

FIRST AID FAST – EMERGENCY LIFE SKILLS AND CARDIOPULMONARY RESUSCITATION to be held at St John's Church Hall, Danbury at 9.45 -11.45 am

FRIDAY 16th DECEMBER

CHRISTMAS QUIZ WINNERS WILL BE NOTIFIED



for helping us with our charitable work. It does make a difference to patient care and the services provided. We are extremely grateful to have your support.



THE HANDYVAN SERVICE

What is HandyVan?

Managed by the charity Age UK, this is a handyperson service you can trust. It aims to help people in later life to live safe, secure and independent in their own home.

A HandyVan fitter (fully qualified and police vetted) will on request, visit an older person in their home and assess what small repairs, safety and security measures need to be done to make the home safe and secure. Once agreed, the fitter will then carry out the work.

Who can use HandyVan?

You must be 60 years or over with savings of less than £20,000 (excluding the value of the home) AND live in one of the postcode areas covered by Chelmsford Borough Council.

What will HandyVan do?

- Free Aids and adaptation - Stair rails and grab rails
- Small repairs* such as - Putting up curtain rails, shelves and pictures
- Tiling small areas and rehanging doors

*There may be a charge for materials. All labour is free.

Following an initial discussion or visit, we will be able to advise whether the small repair can be carried out.

To book a visit, find out more about the service or request some leaflets for distribution:

Call: 0845026 1055 or send your contact details by e-mail to handyvan@uk.co.uk

The Patient Involvement Group
(Based at the Danbury Medical Centre – Registered Charity Number: 1099391)

Visit our website at www.danburypig.org

This newsletter has been printed courtesy of local businessman, Mr Alan Wheal

NEWS FROM THE DANBURY MEDICAL CENTRE

NEW OPENING TIMES FOR SATURDAY SURGERY AND SATURDAY DISPENSARY

The Surgery will be open from
8.00 am – 12.00 pm

DISPENSARY WILL BE OPEN FROM
8.00 am – 12.00 pm

With last enquiries and collections at 11.45 am

THE SURGERY WILL CLOSE PROMPTLY AT
12.00 pm



We would like to **welcome** Dr T Cunningham who has joined the GP staff and our new GP Registrars - Dr. Janusz Krowlikowski, Dr. Harshini Mutucamara and Dr. Elena Savici.



PATIENT REFERENCE GROUP

The Danbury Medical Centre and The Patient Involvement Group want to ensure that the views of patients about the services provided are made known to the Practice.

By leaving your email address we can contact you every now and then to get your opinion. Your details will only be used for this purpose and will be kept safe.

Contact forms are available at the reception desk or on our website - www.danburymedicalcentre.co.uk

Diabetes – Early Action

Taking 'early action' is important. Ask your GP for a diabetes test if you have any of the following signs and symptoms of undiagnosed diabetes:

- increased thirst
- feeling like you need to go to the loo (for a wee) all the time, especially at night
- extreme tiredness



- weight loss
- blurred vision
- genital itching or regular episodes of thrush
- slow healing of wounds

Our next health awareness session is focused on Prostate Problems and one of our committee received the following e-mail from a fellow patient on this subject.

WAKE- UP CALL FOR ALL 40-YEAR OLD MEN.

Prostate cancer isn't just for old men! When our son went to the doctor, because his peeing was becoming tiresome, his P.S.A. was already at 18. In spite of the wonderful treatment he received at Addenbrookes Hospital, in Cambridge and from all the ancillaries, he died on Good Friday, three and a half years after diagnosis, aged 49.

He admitted that he should have gone to the doctor two years earlier, when he first noticed odd signs, but he was always too busy - 'can't do it this week or next...!' and anyway didn't want to make a fuss!

If this little tale saves a few 40-year-olds, some good will have come out of this loss.

Please see our notice of this event on the next page.



NEWS FROM THE DANBURY MEDICAL CENTRE cont..

THE PATIENT INVOLVEMENT GROUP
Registered Charity No: 1099391

INVITE MEN IN THE COMMUNITY TO
FIND OUT ABOUT

PROSTATE PROBLEMS

ON SATURDAY 12th NOVEMBER AT ST JOHN'S CHURCH MEETING ROOM,
DANBURY
9.45a.m – 11.15a.m.

With

MR RANJAN THILAGARAJAH
MS FRCS (Urol)
CONSULTANT UROLOGICAL SURGEON

TO RESERVE A PLACE PLEASE CONTACT
RECEPTION AT THE DANBURY MEDICAL
CENTRE 0844 4771 886,
OR – BICKNACRE SURGERY
224253

RE-USE AND RE-CYCLING OF IN-DATE MEDICATION AND SURGICAL ITEMS

In order to reduce waste of medication and surgical items, that are within 15 months of their expiry date, and to put them to good use, a new system is being introduced at the Danbury Medical Centre.

Medication will be checked, sorted and dispatched once a month to a government licenced charity called 'Intercare'. They then send them in a safe and responsible way to those in need in Africa.

Those who wish to take part in this scheme should hand in their in-date and surplus to requirement prescribed or any other medication at the surgery dispensary counter.

Initially only tablets / pills (in their strips) and bandages / plasters (still in their wrappers) will be collected. It is hoped to include other medication and surgical items during 2012.

The system will be up and running from October.

Thank you for your support

Eleanor Dove and Frances Harrison
(Patient Involvement Group)

HomeSafe

HomeSafe is a range of products and services offered by Essex Cares which enables individuals to remain living independently in their own home and enjoy being active members of their local community. Products and services currently available through HomeSafe include:

- Home Support – services that are designed to support independence including help and support with personal care, meal preparation, domestic tasks, mobility and help to attend appointments.
- Active Life – support to access the local community, meet new people and discover new hobbies and interests.
- Home Help – tasks completed around the home and in the community such as gardening, shopping and cleaning.
- Aids and Adaptations – assessment, delivery and installation of aids that offer a feeling of safety and security at home.
- We can arrange, co-ordinate and deliver a whole range of services through a single point of contact in a fast and hassle free way. Support and care is tailored for each individual, you can pick and choose the elements of our services which suit you.
- For more information about the HomeSafe service, call our help line on **0845 835 0150** and we can organise an appointment with one of our assessors who will be able to run through all our services, and pick out those which will benefit you the most. Or visit www.essexcares.org.