

## **Who's who in your Patients Group**

Chairperson	Carol Miller	01208 831217
Secretary	Brenda Keen	01208 77586
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### **Contact us**

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### **Other useful information**

Carnewater Practice 01208 269988  
[www.carnewaterpractice.co.uk](http://www.carnewaterpractice.co.uk)

NHS Direct 0845 4647  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

# CARNEWATER PRACTICE PATIENTS' GROUP



NEWSLETTER No 3

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Happy New Year

### **Lewannick Meeting**

A successful meeting was held at the branch surgery at Lewannick late last year. A group of patients gathered and talked about problems affecting the rural community. This meeting was part of the Carnewater Practice Patients Group and is not a separate entity. Representatives of CPPG were in attendance and minutes were taken and reported back to the main committee. These meetings are to be held every 2 -3 months and two members of CPPG will attend.

### **Children in Need Update**

CPPG members helped surgery staff run a very successful tombola back in November when £175 was raised for Children in Need.



### **Christmas Tree Festival**

The CPPG joined in the festival at the parish church with a tree decorated by Diana. Members of the CPPG placed a small Christmas card under the tree. The church looked lovely. There were 2 CPPG get togethers one on the 8th December where 5 of us met up in the Church and we all had lunch. Another committee member joined us briefly due to car problems and 4 of us met again in the Church and were given a free hot drink from Rev Graham Minors for the support he's had from the surgery and some of us had lunch. On both occasions a good time was had by all.

## ***Meet the CPPG team***

### **CPPG Secretary**

My name is Brenda Keen and I am the secretary of the CPPG.

Before retiring I worked for many years as a Staff Nurse in the old St Lawrence's Hospital working within all aspects of psychiatric care i.e. on the wards, in the community where I cared for people with memory problems and their carers. I have spent most of my career looking after the elderly which I thoroughly enjoyed.



On retiring from the Health Authority I worked as a registered manager in a local residential home, again, a job I thoroughly enjoyed eventually retiring permanently in 2011.

Since then I have been kept very busy looking after my three grandsons - The youngest is Alfie aged 2½, Rhys is 5 and Adam 12. In my spare time I enjoy walking my dog and gardening.

Since joining the CPPG I have found it extremely worth while and have helped the surgery with their annual survey, supporting the Children in Need event and displaying a decorated tree in the church.

### **Christmas Fair**

Unfortunately we were unable to have a stall at the Lions Christmas Fair as due to the changes in the committee the form was late in arriving with the Chairperson. We will be on the mailing list for next year. We need to do something original as there are already many tombolas and cake stalls. Any ideas will be welcome!

### **CPPG Deputy Secretary**

Hello, my name is Mairead (pronounced 'parade' but with an 'm'!) I recently joined the CPPG group of volunteers as Deputy Secretary. Carnewater Surgery has helped me greatly over the last several years due to ongoing chronic health issues, so I hope to give something back by being a part of this group and helping others.

I was born in Durham in the 1970s, living in Portugal as a baby & Israel until I was 4, due to my father's job as an engineer.



We settled in NE Wales and apart from an opportunity for our family to live in New Brunswick, Canada for 18 months just prior to starting secondary school, I grew up, living & working in the N Wales/NW of England region until my early 30's. Part of a Wolverhampton Uni course in the 1990s, involved spending 4 months in Northern Arizona an unforgettable experience.

When my auntie in Newquay introduced me to my future husband in 2002, it didn't take much arm-

twisting to move down from Chester to Cornwall, although I do miss 'up North' sometimes & my family always.

I love meeting up with friends when I am well enough, having alternative therapies when the budget allows, watching films and entertaining telly when there is something decent on. I find doing the occasional jigsaw is a great form of therapy as you're not thinking of anything else when you get 'in the zone'! A new puppy has brought some joy (as well as the usual destruction) into our house since June. It's nice to discover that there's nothing like a wagging tail to greet you in the morning.