

# Falkland PPG Newsletter



June 2025

Welcome to the latest Patient Participation Group (PPG) newsletter, for Falkland Surgery

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### Falkland On-line

Don't forget that the surgery has its own Facebook page where you can get up-to-date information as well as post your own comments

And there's also the website of course:

[www.falklandsurgery.co.uk](http://www.falklandsurgery.co.uk)

### Surgery Open Evening

#### **How to Stay Healthy!**

Mark your calendars! Our next PPG & Surgery Open Evening is happening **Wednesday, 18th June at 7pm** in the Surgery Waiting Room

This time, we're diving into one of the most powerful tools for better health: **your lifestyle**. Dr. Angus Tallini will share practical tips on how small daily habits can help prevent or manage conditions like heart disease, diabetes, stroke, dementia, and even cancer.

If healthy living were a pill, everyone would be taking it – so why don't we? Come and find out!

Free tea, coffee & a raffle!

Don't miss it – your future self will thank you!

### Are 'Neighbourhoods' the future?

You'll have seen that the NHS is in a state of upheaval at the moment with the abolition of NHS England, (to be absorbed into the Department of Health), and there are also cuts at local level. The Integrated Care Board that funds the health care providers has been told to cut their running costs in half by October – and they had only just finished reorganising from the last lot of cuts!

The Royal Berks is also searching for savings. Meanwhile NHS staff have been offered pay increases of between 3.25% and 4%. However, 'resident doctors' (they used to be called 'junior doctors') are balloting on strike action, as they say their pay has declined in real terms by 23% since 2008. Very senior managers will see a fall in their pay this year in real terms with a proposed increase of 3.25%

It's hard to know what all this may mean for patients, except that a lot of effort will be going into reorganising and finding savings rather than patient care. One thing that seems certain, though, is increased working at 'neighbourhood' level. It's likely

to be in the forthcoming NHS 10 year plan and already appears in local strategies.

'Neighbourhood', in NHS speak doesn't mean what it does in ordinary language. It's not yet defined, but could cover, say, half of Thatcham or the whole of Hungerford, Kintbury and Lambourn! Already there are indications that some services, including 'managing and developing GP services', are to be delegated to 'neighbourhood health providers'. However, it is not yet clear who those 'providers' are. The idea behind all this is a good one – to bring together the range of health and social care services, together with voluntary organisations, to tackle all of a person's problems.

Local people should be involved in what this all looks like, but there is a risk of that turning out to be just consultation at the end of the process on what has already been agreed, rather than helping design what it might look like in the first place.

So keep an eye out (and we will try to keep you up to date) with any developments. How your local health and care services are designed and managed will affect you.

*Make sure you have your say!*

## Falkland Community Directory

Falkland Surgery's Dr Lorna Berry has produced a directory of local groups and services that help bring people from our local population together. The groups cover a wide range of topics including social, arts, sports, mental health, volunteering and parent and child. It's hoped we can help in some way to find a way to combat loneliness, isolation and sadness, which we know are big issues faced by many in the wake of the COVID-19 pandemic.

The site can be accessed from your phone or from a computer

(<https://lorna-berry.wixsite.com/falkland-community-d>)

Other sources of information locally:

### West Berkshire Directory

While the site is designed to be simple, accessible and useful specifically for people in this area, West Berkshire Council also has a directory covering all sorts of organisations across West Berkshire (<https://directory.westberks.gov.uk>)

### Patient Information Point

The Patient Information Point (PIP) at West Berks Community Hospital provides information and has leaflets on a wide range of health conditions and issues to do with health and social care.

Contact: [pipenquiries@berkshire.nhs.uk](mailto:pipenquiries@berkshire.nhs.uk)

Tel: 01635 273324

## Other websites

Information can also be found on the websites of the key commissioners and providers of health care locally, including:

**The Integrated Care Board** which funds the services:

<https://www.bucksoxonberksw.icb.nhs.uk/>

**The Royal Berkshire NHS Foundation Trust**, that runs the Royal Berks hospital and provides some services at the West Berkshire Community Hospital:

<https://www.royalberkshire.nhs.uk/>

**The Berkshire Healthcare Foundation Trust**, which provides community and mental health services including some services at the West Berkshire Community Hospital:

<https://www.berkshirehealthcare.nhs.uk/>

**West Berkshire Council** that provides public health services and many other services that contribute to health and wellbeing:

<https://www.westberks.gov.uk/>

## Wash Common Community Festival

We're excited to announce that the PPG will be back at this year's **Wash Common Community Festival on Saturday 27th September** – and we'd love your support!

We'll have a stand at the event, sharing what we do and chatting with the community. If you can spare a little time to help set up or pack away the gazebo, or join us on the stand for a short while, we'd be incredibly grateful.

## Park Run

Get ready for a burst of community spirit! **On Saturday 7th June**, Falkland Practice is teaming up with Burdwood and Thatcham surgeries to **'take over' Parkrun** – and *you're invited!*

Whether you're cheering from the sidelines, helping out, or taking on the 5k run (or walk!) yourself, it's a great way to get moving and support local health and wellbeing.

*Where:* Greenham Common (Control Tower entrance)

*When:* 9:00am, Saturday 7th June – and every Saturday, rain or shine!

### **Want to volunteer?**

We'd love your help – from car park coordination to guiding runners on the route. Just email [falklandppg@gmail.com](mailto:falklandppg@gmail.com) and we'll get you involved.