



## Frithwood Surgery

45, Tanglewood Way, Bussage,  
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### GP Partners

Dr Will Nattrass  
Dr Debbie Vest  
Dr Richard Hempson-Jones

### GP Non-Partners

Dr Dawn Harper  
Dr Allannah Webb  
Dr Bashir Tanko  
Dr Sarah Sullivan

## Frithwood Surgery PPG Newsletter

Spring 2026

### Learn essential first aid

Would you know what to do if you came across an emergency medical situation?

If you'd like to learn a few basic first aid pointers, come along the Essential First Aid session that's been planned for Wednesday, April 29. The event, to be held at Frithwood Surgery from 7 to 9pm, will cover subjects such as resuscitation and bleeding.

The session is being delivered by Sophie McCracken, who also came to Frithwood for two similar events organised by the PPG in 2025.

To take part, send an email to [frithwoodppg@gmail.com](mailto:frithwoodppg@gmail.com)

### Have your say!

Do you think Frithwood Surgery is positively perfect in every way, or do you have ideas to make it even better?

Have you heard about the work of the practice's Patient Participation Group (PPG) and even benefited from some of the new equipment purchased as a result of its fundraising?

Feedback on the surgery, both positive and negative, is incredibly useful and Frithwood PPG's annual meeting on Wednesday April 15 is the place to share it.

There will also be an opportunity to find out more about what the PPG does, such as the now reinstated Christmas party for seniors and the fundraising 100 Club.

The AGM is held at Frithwood Surgery, from 7pm.



### Party people

Around 50 patients from Frithwood Surgery enjoyed a festive tea and entertainment at the Frithwood Patient Participation Group's (PPG) Christmas party for the over 75s.

This event, held every year up until the Covid lockdowns, was revived for the first time in five years.

Full report and photos on page three and four.



## Walking with friends

The weekly health walks organised by Frithwood PPG continue to attract more than 10 people each session. Join the walks every Wednesday from 10am, starting at Frithwood Surgery and ending at Chalford Parish Council offices, where refreshments are served. The route covers 1.5 miles over gentle terrain and there's much chatting and laughter along with the healthy exercise. Find out more at reception.

## 'Friend' us!

Don't miss the latest news. Follow us on Facebook <https://www.facebook.com/FrithwoodPPG/> or give your email address to reception so that you can receive the newsletter in your inbox.

## Registered charity

Frithwood Surgery PPG is a Registered Charity: 1054582.

## Hear better at reception

New induction loops within the reception area are in place to help hearing aid users. They amplify sound on a specific frequency which hearing aids can be "tuned" into, allowing the wearer to hear the person they are talking to more clearly. Frithwood Surgery has been looking for a replacement induction loop for some time as staff were aware that some people struggled to hear reception staff through the glass screens.

The new induction loop will help hearing aid users to hear reception staff more clearly. There's also a detachable handset which anyone can use – even those without hearing aids – to hear the receptionist more clearly.



Staff try out the new induction loop on the reception desk at Frithwood

## Bollards

Safety bollards are to be put up between Frithwood Surgery and the car park or the safety of pedestrians, patients and staff.



## Frithwood Face

**Name:** Lauren Hunt

**Job:** Reception lead

**What I do:** I oversee the day-to-day running of the reception team, including any annual leave requests and cover, outstanding training, new patient registrations and assisting with doctors and nurses' rotas for appointment availability.

**Why my work is important:** It helps ensure we have maximum coverage and are sufficiently trained to provide the relevant assistance to our patients and colleagues

**Top health advice:** Don't leave it too late / long to seek advice or support, if something is bothering you it is worth getting checked.

**Most frequent thing you hear:** "Are you new here?"

**Favourite way to exercise:** Long walks with my Labrador, Bertie.

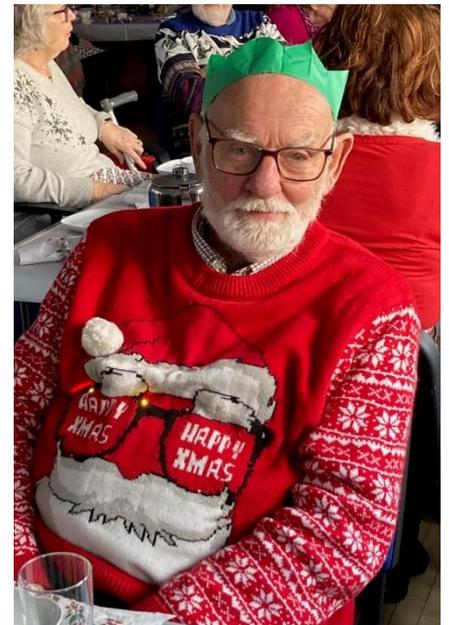
**When I'm not working:** I love to read, spend time with family and friends and go to the gym.

**Most surprising fact about me:** I have 5 tattoos.

**Favourite sport:** Rounders, when younger.

**Favourite music:** Ed Sheeran





### **Frithwood PPG's Christmas party for the over 75s**

Around 50 patients from Frithwood Surgery enjoyed a festive tea and entertainment at the Frithwood Patient Participation Group's (PPG) Christmas party for the over 75s. This event, held every year up until the Covid lockdowns, was revived for the first time in five years.

Pensioners tucked into tea made by Anne Gardner and Caroline Davies and enjoyed entertainment from singer Rose Preston and card magician Mike Carter.

The table decorations were made and donated by Pam Perry and at the end of the afternoon were included in the raffle, along with prizes donated by the PPG committee and Bussage branch of Tesco.

The party was organised by Frithwood's PPG and Chair Jean Batten said the party was well attended and great fun.

"It was lovely to see everyone enjoying themselves and it provided patients with a great opportunity to meet up with others from our community," she said. "The PPG recognises the importance of this as we know that it can be a difficult time of year for some. A huge thank you to everyone who helped the afternoon smoothly."





### Get to know your PPG

Some of the PPG members at the Over 75s Christmas Party with GPs Drs Richard Hempson-Jones, Will Natrass and Debbie Vest

Frithwood Surgery's Patient Participation Group is a group of volunteers who act as a liaison between the surgery and patients, organise health awareness and other events and raises money for new equipment through initiatives such as the 100 club and encouraging donations. The PPG was formed during the 1990s when the practice moved to its current premises in Bussage.

Anybody who is a patient of Frithwood Surgery can be part of the PPG. All ideas for taking Frithwood into the future are welcomed and considered.

The committee consist of: Chair: Jean Batten, Treasurer: Dr Tim Crouch, Secretary: Mary Brooks, Janet Cadman, Jane Gregg, Harry Joyce, Sue Korda, David Scott, Jenny Taylor, Sue Bradley, Dr William Natrass

### Open gardens

Don't miss the springtime treat of Eastcombe and Bussage Open Gardens.

The event, held on Sunday May 3 and Monday May 4, from 1pm to 5.30pm, will see 16 gardens opening in aid of the National Gardens Scheme, which raises money for health and horticultural charities. Tickets cover all the gardens and there will be tea and cake in Eastcombe Village Hall and ice creams at Hawkley Cottage.

[www.ngs.org.uk](http://www.ngs.org.uk)

### Join the 100 Club

Don't miss out on the Frithwood Surgery Patients' Participation Group's 100 Club.

Membership costs £24 and not only could you win cash from the £300 prize pot, but you'll be helping the PPG raise money for new medical equipment too. Blood pressure monitors, a specialist vaccine fridge and a dermatoscope are just some of the items that have been funded.

Take part by requesting a form from reception, or visiting:

<https://bit.ly/frithwoodfundraising>

### Younger voices

Are younger people adequately served by Frithwood Surgery? Are there things you think could be done better or is there anything missing?

Have your say and help to make a difference to Frithwood's patients of all ages by joining the surgery's patient participation group.

There are around four meetings a year. To find out more, send an email to

[FrithwoodPPG@gmail.com](mailto:FrithwoodPPG@gmail.com)

### Laughter is the best medicine

One in 10 of Frithwood's patients has Tom Jones's syndrome. Practice manager Clive Fenney says: 'It's not unusual!'