

Alton PPG

March 2025

News, Views and Announcements from the Alton Patient Participation Group

Low/No Carb Recipe

Been told that you are pre-diabetic or generally looking to reduce your carbohydrate intake? Check out our zero carb Chicken parmigiana recipe.

**Would you like to help improve GP services at Alton?
Do you want to share your views and ideas with the surgery?**



Self-referral

Did you know that you can self-refer for wide range of medical conditions without the need to see a doctor?__

Why not join our Patient Participation Group, or PPG for short?

Our patient lead group work alongside the surgery and staff to offer a valuable patient perspective on healthcare services provided at Alton Surgery. The group contributes ideas, feedback and suggestions to improve the overall patient experience. If you would like to know more, or want to get involved, speak to a member of the reception team who will be happy to help or email Altonppg@outlook.com.

Patient Questionnaire

Alton PPG are launching a patient questionnaire in April 2025.



Welcome!

Welcome to the reinstated PPG Newsletter!

Alton surgery Patient Participation Group (PPG) exists to represent the views of the patient body and support the surgery in delivering a first-class service. The group meets monthly to review progress initiatives to support the surgery and to discuss any issues that have been raised by the patient body.

In order to improve communication, the PPG will once again be publishing a quarterly newsletter. If you would like us to cover a particular issue in the newsletter, please let us know by emailing Altonppg@outlook.com.

If you know anyone who is a patient of the surgery, but doesn't have access to the newsletter electronically, please consider printing off a copy for them.

Did you know that you can self-refer for wide range of medical conditions without the need to see a doctor?

Services to which you can self-refer.

Staffordshire and Stoke-on Trent Talking Therapies -

Deliver a range of evidence-based psychological therapies for people aged over 16 with common problems such as anxiety disorders and depression.

Call: 03003030923

Refer online/ more information: [Home - Staffordshire and Stoke on Trent Talking Therapies](#)

Sexual Health - Open Clinic runs multiple clinics across Staffordshire & Shropshire offering a range of services from contraception, PrEP, STI screening and psychosexual services. There are also limited walk in services available at some clinic locations. Please check their website for further information.

Call: 0808 178 0955

Book appointment on-line/ more information: [Home - Open Clinic](#)

Community Urgent Eyecare - For any new problems with eyes such as sudden change in vision, flashes or floaters, red or painful eyes and foreign bodies in the eye. To use this service, you need to contact participating opticians directly. For more information - [NHS Staffordshire and Stoke-on-Trent Community Urgent Eye Care Service \(CUES\) - Primary Eyecare Services](#)

Local opticians

McCraken Opticians, Uttoxeter: 01889 562184

Boots, Uttoxeter: 01889 567374

EyeC Opticians, Blythe Bridge: 01782 388355

For a full list of participating opticians - [Click Here](#)

Community Audiology - Those having difficulties or trouble with hearing can self-refer to a range of audiologists. To find out if you are eligible you will need to complete a short form and then contact your provider of choice to make an appointment. For more information - [Audiology self-referral - Staffordshire and Stoke-on-Trent, ICS](#)

Self-referral form: [Click Here](#)

Local Audiologists



Chicken Parmigiana

Prep & cooking time 35 mins Serves 2
Carbohydrates 0

300ml tomato passata (no added sugar), 1 garlic clove (finely diced), 2 chicken breasts, ½ ball of mozzarella (finely sliced), 1 handful of basil leaves (chopped), 25-30g parmesan cheese (finely grated).

1. Preheat oven to 200°C/180°C fan.
2. Using a small frying pan cook the garlic, passata and basil over a low to medium heat for 5-10 minutes.
3. Put the chicken breasts between pieces of cling film and flatten (to about 1cm) with a rolling pin.
4. Lightly oil a baking dish and put in the two chicken breasts.
5. Cover with the mozzarella slices and dust with the parmesan. Bake for 20-25 mins.

Serve with a salad or vegetables for a great tasting zero-carb meal!

Scrivens, Cheadle: 01538 752085
Specsavers, Uttoxeter: 01889 561770
Specsavers, Leek: 01782 206669

For a full list of participating audiologists - [Click Here](#)

Combined Wellbeing - Specialist mental health support for children and adults and those with learning disabilities. They have a range of specialist services for individuals to be directed to depending on the reason for referral.

Refer online/ more information: [Combined Wellbeing](#)

Mental Health Crisis - For anyone experiencing a mental health crisis they can contact the Crisis Care Centre. The Crisis Care Centre will also accept referrals from friends and family where there is a concern for an individual's mental health.

Call: 0800 0 328 728 (option 1)

Drug & Alcohol Treatment and Recovery - STARS (Staffordshire Treatment and Recovery System) offers help to adults, children and families experiencing difficulties with drugs or alcohol through personalised assessments and non-judgmental, specialist support.

Refer online/ more information: [Homepage - Staff Stars](#)

Call: 0300 124 0356 (for young people press option 4)

North Staffordshire Carers - Providing free services and support to unpaid carers within North Staffordshire ranging from advice, practical help, social activities and emotional support.

Call: 01782 793100

Refer online / more information: [Home | North Staffs Carers](#)

Patient Questionnaire

Your views are important to the PPG and the practice and, following the success of last year's patient survey, the PPG is planning another two this year. The first will go live in April, please take a few minutes to complete it.

From the last survey it was clear that most people were happy with the service provided. The only minor complaint was about the opening hours of the dispensary. Given this feedback, the practice extended these!

