

# KSPPG NEWSLETTER

## The Knoll Surgery Patient Participation Group

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*December 24*



**Older People Active Lives**

### FRODSHAM OPAL CLUB

We know that older people are more likely than other groups of people to become lonely and isolated from their family, friends and their local community. We also know that more and more older people are living on their own. According to Age UK, there are over 2 million people in England over the age of 75 who are living alone so by running our OPAL clubs we are doing something practical to help older people overcome their loneliness and thereby enjoy a better quality of life, both mentally and physically. Each club meeting is run by a team of 3 or 4 volunteers who are supported and guided by one of our Organisers. The club volunteers are all local people who enjoy being with other people and want to make a difference to the lives of older people living in their community.

**The Frodsham OPAL Club meets every Tuesday from 10am to 2pm (except at Christmas and New Year) at Frodsham Methodist Church.**



**07562 619 275**



**opalservices.org.uk**



**zoe.blocksidge@  
opalservices.org.uk**

### PROPOSED KINGSLEY SURGERY CLOSURE

It is very sad that the surgery in Kingsley could well remain closed. It has been closed since the Covid pandemic in March 2020. Unfortunately, due to the inadequacy of the building and the shortage of clinicians to supervise the surgery, its permanent closure seems inevitable.

Kingsley has always had some form of surgery for many years and a brief history follows.

Before the NHS was started on 5th July 1948 the doctor from Frodsham would drive to Kingsley and hold his surgery in the kitchen, or sometimes in the drive of a cottage on Norley Road. The cottage is still there just as you leave Kingsley in the direction of Norley. Patients had to pay to see the doctor as there was no free NHS. The doctor always had a box full of various bottles of medicine on the back seat of the car. He would hand you one according to your ailment. He would then charge you and you paid in cash. His visits to the cottage carried on for many years even after the NHS started but the consultation and medicines were free.

The surgery then moved to a house on the Cross in Kingsley. It was the house of Mary and Tom Littlemore. The waiting room was the lounge and the surgery the kitchen. Whilst waiting for the doctor to see you the village caught up with the latest village news. Mary's lounge became the village information centre! Patients collected their medication from Mary who was always ready to tell you about it and what ailment it was for.

There was great excitement in Kingsley when the doctors purchased a house which after much renovation became the Kingsley surgery. The surgery opened in 1988. A proper surgery was welcomed and well used. It was originally run by Margery who knew all the patients and coped with any problems in a calm and efficient way. Again, the waiting room became a hub for village gossip and news. This was especially true in Dr Patrick Milroy's morning drop in, no appointment needed, surgery. The waiting room was always full of chatting villagers, mostly older ladies who always maintained that Dr Milroy understood them!

Then in 2012 the new surgery in Frodsham was built and the main practice moved from The Knoll. The new surgery has grown both in size and the number of treatments and support it can give to its ever-increasing number of patients. It is a much better equipped and staffed practice. However, I am sure a number of Kingsley residents will remember the old Kingsley surgeries with affection.



### RSV VACCINATIONS

The RSV (respiratory syncytial virus) vaccination is available free of charge to any patient aged 75-79.

Every year thousands of people in this age group need hospital care for the RSV infection. It can make breathing difficult and can lead to severe problems such as pneumonia. The RSV vaccination will reduce the risk of experiencing severe symptoms.

If you have not yet had this vaccination and you are entitled to it, please contact the surgery.

## A MESSAGE ON BEHALF OF THE CHESHIRE WEST & CHESTER EAST BE ACTIVE PARTNERSHIP

Residents of Cheshire West and Chester!

There is strong scientific evidence that being physically active at any age can help people to lead a happier, healthier life and have better mental health and wellbeing. It can also reduce the risk of developing major illnesses, such as coronary heart disease stroke, type 2 diabetes and cancer. Physical activity can lower the risk of early death by up to 30%.

Are you as physically active as you would like to be? Are there things which get in the way of you being active? Help us to shape a new physical activity strategy for the Borough. Whether you are as active as you want to be or struggle to find the time, money or motivation to be active we would like to hear from you. By taking part in our survey, you could win one of four free three-month Brio Leisure memberships. Please help us by completing the survey by scanning the QR code to the right or using the following link: <https://www.smartsurvey.co.uk/s/C5P412/> (survey closes 20th December 2025)



### RAMBLERS- FRODSHAM WELLBEING WALKS

Two walks are offered each week with the option of refreshments and a chat in the cafe afterwards. One walk lasts about 30 minutes and is along the paths in Frodsham's beautiful Castle Park. The second walk is a leisurely 60-90 minute walk along the paths in Castle Park and along the lower paths on Frodsham Hill. They meet every week at Castle Park Arts Centre. The short walk takes place on Tuesday's @ 10:30am-11am & the long walks are on Wednesday's at 10:30am..

### SINGING FOR THE BRAIN

Join the Singing for the Brain group and meet new people in a friendly, fun and social environment. Singing improves your brain activity, wellbeing and mood, and you don't need to be a good singer to benefit. Join them for fun vocal warm-ups and sing a wide variety of familiar and new songs. The group is hosted by their friendly and experienced group leaders.

**WHEN?:** Second and fourth Wednesday of every month, 2.15-3.45pm Please contact the service provider to book a place

**WHO IS THIS SERVICE FOR?:** People with Dementia and their carers, family and friends

**WHERE?:** Main Street Community Church, 61 Main Street, Frodsham, WA6 7DF

**CONTACT?:** Please contact [cheshire@alzheimers.org.uk](mailto:cheshire@alzheimers.org.uk) to book a place or call **0300 369 0570**

### Bee Friends Coffee Mornings

Thursdays from 10:00-12:00  
at St Laurence Parish Hall  
Church Street, Frodsham

A photograph of a wooden table set with coffee and donuts. There are two white coffee cups, one with a latte, and two donuts on a small plate. There are also two glasses of water.



### THE PATIENT VOICE

The Knoll Surgery Patient Participation group (KSPPG) is here to improve communications between the practice, patients and the wider community. The KSPPG group comprises local people who meet monthly with the Practice management and clinicians. We are keen to assist the surgery with continuous improvement and we want to be as representative of the local community as possible. We therefore welcome any registered patient who wants to be a member of the group. If you have a suggestion or you wish to join us, please send us an email to [knollsurgeryppg@gmail.com](mailto:knollsurgeryppg@gmail.com) and we shall respond.