

# Health Information Shop

## Academy Medical Centre, Forfar

Wanting  
information  
about

- Your health
- Someone else's health
- How to improve your health
- Lifestyle topics - such as smoking, alcohol, healthy eating or physical activity
- A particular medical condition
- Long term condition management (including self-management)
- Health services and local/national self-help and support groups

*'For patient's  
by patients'*

*So why not visit our  
Health Information Shop  
in the foyer*

**We're here to help - see over**

# What is a Patient Participation Group?

A representative group of patients working with the practice to improve services.

What does a Patient Participation Group do?



- Consults and plans with patients whenever possible on the facilities and provision of services
- Improves communication between the Practice and its patients
- Allows patients to make positive suggestions about the Practice and their own health care
- Develops self-help projects to meet the needs of fellow patients
- Brings a sense of ownership and partnership between Practice staff and patients
- Provides practical support to help and implement change

Why not visit our Patient Participation Group Health Information Shop where our trained volunteer advisers can provide information on request. You can browse our leaflet racks or request information to be sent to you by completing an 'information Request Card' and passing it to reception.

## Interested in becoming a volunteer?

Please contact us:

e-mail: [acadymymc.tayside@nhs.net](mailto:acadymymc.tayside@nhs.net)

Tel: Practice 01307 462316

or speak to a receptionist leaving your contact details and a member of the Patient Participation Group will get back to you.

For further information visit our website:

[www.academymedicalcentre.co.uk/ppg.htm](http://www.academymedicalcentre.co.uk/ppg.htm)