



WITTERINGS MEDICAL CENTRE  
PATIENT PARTICIPATION GROUP

**24 January 2023**

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## Welcome to Dr Isobel Ryle

BChB MRCGP DRCOG DFSRH

Having joined the Medical Centre as a GP Registrar in 2021, Dr Ryle started as a permanent member of the medical staff this month as a Salaried GP.

Dr Ryle qualified from the University of Bristol in 2012. She enjoys the variety that General Practice has to offer and has a special interest in women's health.

When she is not working, she loves going exploring with her family and running in the mountains.

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## Dementia & Carers Coffee Morning

The next meeting is on:

**Wednesday 1st February 2023, 10.00 am - 11.30 pm  
at the Medical Centre**

Dementia Support is a Community Service run by Sage House,  
City Fields Way, Tangmere PO20 2FP

Tel: 01243 888 691

Email: [info@dementia-support.org.uk](mailto:info@dementia-support.org.uk) Web: [www.dementia-support.org.uk](http://www.dementia-support.org.uk)

## GOOD GRIEF CAFÉ POP UP

Pop-up café for people who have lost someone to dementia and any carer or former carer who is bereaved. Join us in an informal, friendly setting for chat, mutual support, local and national information – not forgetting tea and cake! Come along and make new friends and connections.

**Thursday 23 February 2023, 11.30am – 2.00 pm**

**at Lucy's Chocolates and Patisserie, 34 Shore Road,  
East Wittering, PO20 8DZ**

**- Also -**

## THE WITTERINGS MEDICAL CENTRE CARER CLINIC

A drop-in Surgery for Carers in the Witterings and Bracklesham area - one-to-one support from our Carer Wellbeing Workers and to find out how our services can help you manage your caring role.

**Meet at the Witterings Medical Centre, 2.00 pm - 3.30 pm**

**Wednesday 8 February, then Tuesdays 9 May - 11 July - 7 November**

### For further information:

**Call: 0300 028 8888 Email: [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk) Web: [www.carerssupport.org.uk](http://www.carerssupport.org.uk)**

Follow our social media channels to stay up to date with wellbeing information and groups:

facebook.com/CarersWSussex – Twitter: @carerswsussex  
Instagram: @carersSWS – LinkedIn: carerssupportwestsussex

Registered Charity No. 1123359 Company No. 6418743



Do you know of any other groups or organisations in the area who meet to help those who might need other forms of support or want to get together for a friendly chat and some company? If so, please send the details to [contact@witppg.co.uk](mailto:contact@witppg.co.uk) and we will publish them in our next news output and also pass them on to the Patient Information Centre in the Surgery reception.