

***Culm Valley Integrated Centre for Health***

(College Surgery), Willand Road,  
Cullompton, Devon

***Patient Group***

The Patient Group is made up of a number of volunteers from across the practice representing the voice of patients. We are working to support the Integrated Centre helping to improve local health, with patients' views taken into account when making decisions about the development of new health initiatives within the Centre. We also raise funds for additional equipment to support patients across the whole Practice at the Indoor Market held in Cullompton Town Hall and at events within the Practice area.

The Patient Group is also organising Evening Health Lectures that we hope will be of interest to the whole community. Our second talk is on Complementary medicines available within the Centre to be followed by talks on herbal remedies, Well-being Stress Control and Advice, How to Lose Weight by a Dietician and Alternatives to HRT to name but a few. (Information on forthcoming events will be listed on the College Surgery web site and on posters within the Centre).

**INFORMATION EVENING ON  
COMPLEMENTARY THERAPIES**

available in the  
Culm Valley Integrated Centre for Health

**Wednesday 18<sup>th</sup> June  
7.00pm – 8.30pm**

Do you suffer from: back pain, arthritis, problems sleeping, digestive problems, stress, or hormonal imbalances? Have you thought about a Complementary Therapy but unsure what to expect?

The therapists working within the Centre invite you to an open evening where they will explain about the health benefits of the various therapies that are now available plus an opportunity to meet the therapists and for some to briefly sample a therapy.

**NEWSLETTER**

**June 08**

**New Integrated Library**

Based within the Centre and open to all patients the Integrated Library is run by the Patient Group and will eventually hold a comprehensive selection of books on integrated approaches to health and disease.

We already have a limited selection of books that patients can now borrow and return to the Centre. You can find a list of the available books on the Patient Support Group Notice Board near Reception and also request slips for these books at the Reception desk. The books can be collected in person on Monday afternoons (2-6pm) and returned at any time to Reception in surgery hours.

**Herbal Remedies  
in ordinary Devon gardens**

**Wednesday 2nd July 2008  
7.00pm – 8.30pm**

An introduction to a broad range of home remedy information and exhibits planned for the Centre linked to an exciting display of remedies around the green man in the 'Physic Garden' outside the Centre. These herbs can be grown in an ordinary Devon garden and used in the home.

The talk will be given by Simon Mills, (Resident herbalist for the Culm Valley Integrated Centre for Health), from the Peninsula Medical School, Exeter.

**JOHREI – Art of Living**

Our first talk took place on 7<sup>th</sup> May led by Dr Akira Haito of the **British Johrei Society** to show those attending how to 'give healing' in the context of the family and groups in the community. As a result of the interest shown in continuing with Johrei, we are now planning to organise a further training session in September/October.