

NEWSLETTER

FEBRUARY 20, 2020

FLU VACCINATIONS

We still have flu vaccinations in stock so if you're eligible we recommend that you get it while you can.

Flu kills up to half a million people worldwide every year. A flu jab isn't just about you: vaccination will help protect you, and those around you.

PATIENT PARTICIPATION GROUP

Did you know that the Practice has a Patient Participation Group (PPG) that meet on a regular basis to discuss the goings on in the Practice and our local NHS?

Our PPG meet every 6-7 weeks and alternates between our Junction and Alkrington sites.

If you would like to attend one of our meetings please pass on your details to one of our receptionists and we will get Stuart (PPG Chairman) to get in contact with you.

ONLINE SERVICES

Did you know that you can book appointments, order prescriptions, and view some of your medical record online?

If you wish to apply ask one of our receptionists.

CORONAVIRUS (COVID-19)

The news on coronavirus continues thick and fast. There have now been nine confirmed cases in the UK, and the World Health Organisation (WHO) has declared coronavirus a 'public medical health emergency of international concern'.

Symptoms of coronavirus only seem to start within 14 days of being exposed to the virus. Typical symptoms include fever, cough and shortness of breath, and sometimes a runny nose or a sore throat. In some cases, this can progress to serious illness, including pneumonia and severe breathing problems.

You would be considered to be at risk if you have recently travelled to mainland China, or have been in close contact with someone who has a confirmed coronavirus diagnosis.

If you have recently travelled back from China and have developed a fever, cough, runny nose, sore throat or difficulty breathing – stay indoors and avoid all possible contact with other people for 14 days after you left China. For medical advice do not attend A&E or the surgery, instead phone 111.

If you would like to read more information, we would recommend looking on the patient.info website.

HOME VISITING SERVICE

Towards the end of 2018 we, with the support of our Patient Participation Group, set up a befriending service for our patients. This service offers one-to-one support to adults who are lonely or isolated and need a friendly face. As a practice we aim to provide care for our patients as a whole person. That means going beyond just the medical needs of our patients. Patients can refer themselves or can be referred by their GP, a relative or an outside agency.

Since starting in 2018, we have received 19 referrals and successfully paired multiple patients with our volunteer visitors. These patients have found great benefit and satisfaction in the service offered and although our service is small, the impact on both the patients and volunteers has been positive and significant.

We have made connections with other services in the Middleton area including Link4Life, a local charity. These connections mean that we can also refer patients onto other appropriate services ensuring the patient has support tailored to their individual needs.

Our service depends on volunteers and we are always looking for more people to work with us. We offer full training and support to all our volunteers. If interested, please pass on your name and best contact info to reception.

SOCIAL PRESCRIBER

Some of you may already be aware that there is a push within the NHS for GPs to work collaboratively on a local level as part of Primary Care Networks

NEWSLETTER

FEBRUARY 20, 2020

TRAVEL VACCINATIONS

The surgery operates a travel vaccination clinic every 2 weeks on a Monday afternoon at our Alkrington branch site.

If you are travelling abroad and think you need vaccinations, please collect a Travel Risk Assessment form from one of the surgeries. Some of the vaccines come in courses of 3-4, so it is advisable to allow at least 6 weeks prior to your departure to ensure you are covered.

For more information about travel vaccinations visit fitfortravel.nhs.uk

A MESSAGE FROM YOUR GP

Back in December Rochdale Health Alliance (RHA) sent a booklet to all houses in Heywood, Middleton and Rochdale. This is a helpful guide intended to help you get the best possible experience when accessing GP services.

We realise that some of our patients will not have received this directly as we have a lot of patients with Oldham postcodes that won't have been included in the mailshot. If you would like to see the booklet we have a copy on our website, and also have a few available at each site.

(PCN). As part of the Middleton PCN we now have a Social Prescriber who we can refer patients to.

What is a social prescribing you ask? Social prescribing enables all local agencies to refer people to a link worker (or social prescriber). Link workers give people time and focus on what matters to the person as identified through shared decision making or personalised care and support planning. They connect people to community groups and agencies for practical and emotional support. Social prescribing works for a wide range of people, particularly those:

- with one or more long-term conditions
- who need support with their mental health
- who are lonely or isolated
- who have complex social needs which affect their wellbeing

Our PCN link worker is Samina Arif. She will be working with patients from all of the GPs involved in the Middleton PCN. She can help patients that are struggling with benefit claims, social housing problems, debt, and other social related medical issues.

NEW MEMBERS NEEDED FOR PPG

Our Patient Participation Group (PPG) has been running since 2014. Some of our members have been with us for the entire time, others have joined recently, whilst others have been and gone. We think patient participation is important, and want our PPG to continue. Even if you can only attend every other meeting or so, your input would be valued and appreciated. Please contact us if you are interested in getting involved with our PPG.

CHANGES TO OUR PHONE SYSTEM

We have moved to a new telephone system at the Junction and Alkrington Surgeries. As part of this move we have a new phone number, which is 0161 271 3030.

As part of the upgrade our whole system has been updated (new phones, new log on features, etc) and we hope this will improve the experience for patients contacting the surgery.

We are doing our best to remove the old number from all of our correspondence, but are aware that there are a few places that still need amending. If you come across the old number on our website or letters etc, please let us know.