

PATIENT PARTICIPATION GROUP

Long Bennington Medical Centre



Patient Participation Group

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Contact: info@lbppg.co.uk

Long Bennington Medical Centre



To enable the doctors and staff to keep up to date, the practice will be closed for routine services for staff training on:

Tuesday 24th January 2017

Between 1.30pm and 4.30pm

DR PULLINGER IS RETIRING

Dr Pullinger is retiring at the end of January after 27 years as a GP Partner at the surgery. We wish Dr Pullinger a long and happy retirement. Dr Roscoe will be joining The Surgery on 30th January 2017.

PATIENTS WHO 'DO NOT ATTEND'

Do you feel frustrated when you cannot make an appointment?

On average, approximately 80 patients each month DO NOT ATTEND their appointment. This currently means that about 13 hours of clinical time is wasted each month.

The effect of this is:

- An increase in waiting time for appointment
- Frustration for both staff and patients
- A waste of NHS resources
- A potential risk to the health of the patient

PRESCRIPTION REQUESTS

Please note that it takes 3 working days to process repeat medication due to the number of requests the surgery receives.

In the interest of patient safety, the clinical risk associated with accepting repeat prescription requests over the telephone needs to be limited. The easiest and safest way for you to order your medication is online.



Long Bennington Medical Centre, The Medical Centre, 10 Valley Lane, Long Bennington, NG23 5FR

Telephone: 01400 281 220

Website: www.longbenningtonmedicalcentre.nhs.uk



Patient Participation Group

Contact Us

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The Medical Centre
10 Valley Lane
Long Bennington
NG23 5FR

Email: info@lbppg.co.uk

A “PPG” is a Patient Participation Group. These are groups of patients in GP practices who come together to work with the practice to:

- Contribute to the continuous improvement of services within the practice
- Help improve communication between the practice and its patients
- Help patients take more responsibility for their health
- Provide practical support, and help implement change

PPGs help GPs and practice staff build relationships with patients and get their help in meeting practice targets and objectives. A PPG can also be a good way for the practice to communicate change to the all of their patients.

PPGs help improve patients’ understanding of the practice and how it works, and provide a forum for discussion about changes within the practice and also for suggesting ideas and voicing concerns. It is a way of making sure that the patient view is represented within the practice, and more widely.

**Please ask a member of staff about
SystemOnline.**

LINCOLNSHIRE CCGS ANNOUNCE RESULTS OF MEDICINES MANAGEMENT CONSULTATION

Following a consultation with members of the public across Lincolnshire, the four Lincolnshire Clinical Commissioning Groups have approved the restricting of prescribing of over the counter medicines used for short-term, self-limiting conditions. This will start to take effect from Monday 12th December 2016

Over the counter type products like paracetamol and antihistamines will no longer be prescribed for short-term, self-limiting conditions – in these instances patients will be encouraged to buy their own from their local chemist or supermarket. Equally, only gluten-free bread, flour and bread mixes will be available on prescription, non-staple gluten-free foods, such as sweet biscuits, cake and cake mixes will not be prescribed.

The prescribing of baby milk, including specialist infant formula, will be restricted if they can be purchased by the patient themselves. However, baby milks that are only available on prescription for premature babies or those with long-term conditions will still be prescribed. Oral nutritional supplements will also no longer be prescribed unless for those with serious, long term conditions and patients will be encouraged to follow the ‘food first’ approach to ensure they get all their nutritional requirements from liquidized and fortified foods.

For further information, please see the South West Lincolnshire CCG website: <http://southwestlincolnshireccg.nhs.uk/news/384-lincolnshire-ccgs-announce-results-of-medicines-management-consultation>

GRANTHAM HOSPITAL: IMPROVING X-RAY SERVICES



Patients have more access to x-ray services at Grantham Hospital thanks to extended opening times on Saturday and Sunday morning and on weekday evenings.

Grantham x-ray department is open at the following times for patients with a request from their GP. No appointment is necessary.

Monday to Friday: 8.30am – 4.30pm and 5.30pm - 7.30pm

Saturday and Sunday: 9.30am – 1 pm

SHINGLES VACINATIONS

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to **certain** people in their 70s. The shingles vaccines given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.

The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter. Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. shingles is fatal for around 1 in 1,000 over-70s who develop it.

It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.

Who's eligible for the 2016/17
**SHINGLES
VACCINE?**



AGE: The age you will be on 1 September 2016

X NO!
69
or under
i.e. born on or after
2 September 1946*

✓ YES!
70
i.e. born between
2 September 1945 and
1 September 1946*

✓ YES!
71
i.e. born between
2 September 1944 and
1 September 1945*

✓ YES!
72
i.e. born between
2 September 1943 and
1 September 1944*

✓ YES!
73
i.e. born between
2 September 1942 and
1 September 1943*

X NO!
74
to
77
i.e. born between
2 September 1938 and
1 September 1942*

✓ YES!
78
i.e. born between
2 September 1937 and
1 September 1938*

✓ YES!
79
i.e. born between
2 September 1936 and
1 September 1937*

X NO!
80
or over
i.e. born on or before
1 September 1936*

* inclusive

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ARE YOU A CARER?

You might not think of yourself as a Carer, but ask yourself these questions:

- Do you look after anybody or do things for other people, whether family member, relative, neighbour or friend (whether you work or not)?
- Are you a young person (under 18) looking after or regularly helping someone else (family member or other person)?

The Surgery likes to register all our Carers so that they are aware of your demanding role and are able to support you.

LONG BENNINGTON MEDICAL CENTRE



Are you a Carer?

Carers are people who, without payment, provide help and support to a family member, friend or neighbour who cannot manage on their own due to physical or mental illness, disability, substance misuse or frailty brought on by old age.

Caring roles can include administering medication, lifting and handling personal or emotional care. Carers should not be confused with paid care workers, care assistants or with volunteer care workers.

A "Young Carer" is defined as being below 18, who carries out significant caring tasks and by so doing, shoulders a level of responsibility for another person which is inappropriate for their age.

LBMC 09/16

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Am I a Carer?

Do you help a family member, friend or neighbour that:

- Has a disability
- Has a mental illness
- Has a chronic illness
- Is frail
- Has a substance misuse problem with alcohol or drugs

Please tick as many of the statements below that you think apply to you

Is the help you provide, regular and on-going?

Does this help involve showering, toileting, dressing or other personal care?

Does this help involve cleaning, cooking, shopping, transport and/or assistance with bills or other paperwork?

Does this help involve medication or other healthcare?

Would this person have difficulty managing on their own if you could not provide regular and on-going support?

Do you receive Carers Allowance or no payment at all?

If you can tick any of the above - you are a carer.

In order for us to help provide you with relevant information please complete the form overleaf.....

Name Date of birth.....

Address

Name of the person you care for

Are they registered at Long Bennington Medical Centre Yes No

Would you like to receive text messages/reminders from us? Yes No

Telephone Number Mobile No.....

Preferred contact number Landline Mobile

Would you like to have online access to book appointments or order repeat medication?

Yes No

Email address

Would you like to be able to book appointments/order repeat medication for the person you care for? Yes No

Would you like online access to your electronic medical record? Yes No

If you answered yes to either of these questions, please ask reception for further information on how to apply for SystemOnline.

Would you like access to further information/advice for carers Yes No

We want to help you access and understand information about your appointments and care. We also want to help if it is difficult to talk to people at the surgery, and you have a disability or impairment.

If you have any communication difficulties please tick here and we will send an Information and Communication needs form to you

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