



NEWS FROM THE PATIENT PARTICIPATION GROUP



Issue 14 September 2018

At the PPG Annual General Meeting in July, the Chair presented its fourth annual report.

She opened by saying "As we reach the end of the first cycle of being patient led, via an elected steering group, the PPG continues to be active and also to grow."

She went on to detail how much of the year's work had been centred round its three priorities, - *communication between Practice and patients; health and well being with better self care; and unattended appointments.*

And she ended by celebrating the growth of the PPG while adding how much more can be achieved in the future with the valued contributions of its members.

You can read the full report on the PPG pages of the Practice website.

Also at the AGM, it was announced that Catherine McLoughlin and David Wirth were stepping down from the steering group. The PPG is extremely grateful for all the work they have contributed towards its development over the past four years. Cynthia Stamm-Clarke was then elected to join Helen Bristow and Jane Collingridge on the steering group. She is warmly welcomed.

Advance Care Planning Event at Paxton Green - Monday October 8th 6 to 7.30pm.

The PPG has invited a representative from the charity, *Compassion in Dying*, to discuss how decisions about your healthcare, understanding your rights and planning in advance can give you peace of mind. She will be able to provide information about an Advance Statement, Advance Decision and Lasting Power of Attorney. **All patients of the Practice are welcome** at what promises to be a very interesting and useful presentation.

Self Care Week 2018 – 12th-18th November

This annual national event is about embedding self care across communities, families and generations. For the fifth year running the PPG will be supporting the Practice in its promotion of self care by having a presence in the entrance each morning that week during the Walk & Wait clinic. We have found that patients welcome this opportunity to gather a large variety of useful written information including how to deal with common ailments, keeping well and warm in winter, screening and the most appropriate place to go for help and support. Our volunteers are always happy to chat and so do please make a point of visiting our table in November.

Focus on brisk walking, not just 10,000 steps a day. Staying with self care, Public Health England and the Royal College of GPs are encouraging people to increase the intensity of their walking as a way to improve health and well being. And **Look before you flush** is the advice being publicised by the NHS. If you see blood in your urine tell your doctor, as although the chances are that it is nothing serious, it could be a sign of bladder or kidney cancer. For more information go to <https://www.nhs.uk/be-clear-on-cancer/symptoms/blood-in-pee>

Flu vaccinations. Again on the subject of self care, there will be Walk and Wait clinics for flu vaccinations at Paxton Green (**eligible patients only, see page 2**) throughout October, Monday to Friday, 9 to 9.55am (adults only). There will also be flu clinics on Saturdays October 20th and 27th and November 3rd and 10th, 8 to 11am (adults and children); however those who have a booked appointment with a nurse or doctor regarding a different matter can have the vaccine then. *This year improved vaccines are being used as previous vaccines have sometimes not been as effective as they might have been.*

Eligible patients who are advised to be vaccinated against flu include those who:

- were born on or before 31.3.1954
- are pregnant
- have certain medical conditions (particularly long term heart and respiratory disease)
- are very overweight
- are a carer
- are a healthcare or social care worker
- are a child of six months or older with a long term health condition
- are a healthy child of two
- are a healthy child who was aged three on 31st August 2018

In addition, healthy children aged between four and nine (but not 10 years or older on 31st August 2018) will be offered the vaccine at school.

For more information visit NHS Choices at www.nhs.uk/flujab

Social Group for the over 60s

This lively group meets every 2 weeks at 1pm in the baby clinic room at Paxton Green for light refreshments and a good chat with quizzes, art activities and speakers. Upcoming dates are:

- September 14th and 28th
- October 12th and 26th
- November 9th and 23rd
- December 7th and 21st

For more information call Link Age Southwark on 020 8299 2623

Spotlight on the Practice (9) – Janice Marsh, Practice Manager

Basically, the Practice Manager is responsible for the smooth running of the Practice. Janice, who has been at Paxton Green for 19 years, describes her role as being very varied. She works closely with the GP partners and deals with all human resources including staff recruitment and management and keeping up to date with employment legislation. All finance and business planning comes under her remit and she manages the on call, annual leave and teaching rotas. She represents the Practice at GP Federation and other external meetings and reports to NHS England and the Lambeth Clinical Commissioning Board on services offered at the Practice. And last, but not least, she handles complaints and is,

in her own words, “the main point of contact for any queries that others are unable to answer!”

News from the Practice

In order to be more efficient and reduce waiting times, **patients checking in at the Walk and Wait Clinic after 9.30 a.m.** will no longer be able to request a consultation with a specific doctor. This does not include the choice between a male or female doctor.

The Child Health Check for parents/carers of children aged 0-15 years with asthma, constipation, epilepsy or eczema which was mentioned in the June newsletter is now available online at www.cyphp.org/health-check

Practice nurses' topics of the month. See their noticeboard displays for

- September: Prostate and Ovarian Cancer
- October: Flu & Pneumonia
- November: Breast Cancer and NHS screening

Other news

A free cooking course will take place at the Kingswood Community Shop on three consecutive Tuesdays (choice of morning or evening classes) starting on September 25th. To register your interest telephone 07397 288 160.

A Carers Network Day open to people who care unpaid for a friend or family member over the age of 18 will be held at Guy's Hospital on Wednesday 31st October, 9.30am to 3.30pm. The free course will give carers the opportunity to develop their knowledge, skills and confidence. For more information or to sign up: email simulation@gsttt.nhs.uk or telephone 020 7188 7147.

Start4Life has launched the **24/7 Breastfeeding Friend** on Google Assistant and Google Home. www.nhs.uk/start4life/baby/breastfeeding/breastfeeding-help-and-support/

The next PPG meetings will take place on Monday, September 3rd at 5.30 pm and Monday, November 5th at 3.30 pm.
To join the PPG please enrol at Reception or via the PPG pages of the Practice website.