



## NEWS FROM THE PATIENT PARTICIPATION GROUP



### Issue 18 September 2019

**In her Annual Report presented at the AGM in July**, the Chair attributed the PPG's development in the past year to the ongoing commitment of the Practice to meaningful patient involvement, coupled with a growing and increasingly active membership. She said that the PPG will remain vigilant as to how it can best support the Practice to preserve and improve what is good for its patients.

The PPG Steering Group (Helen Bristow, Jane Collingridge and Cynthia Stamm-Clarke) remains the same following the re-election of the Chair and Secretary.

### Self Care Week – 18<sup>th</sup>-24<sup>th</sup> November

The Chief Medical Officer for England has said that maintaining good health and preventing ill health is an investment for the future and indeed *Think Self Care for Life* is 2019's tagline for this national awareness week.

One of the PPG's main roles is to support the Practice in its promotion of self-care and volunteers will be at a table in the entrance every day in Self Care week during the Walk & Wait Clinic with a variety of information on how to look after both your physical and mental health, the importance of screening for a variety of conditions and the management of more minor ailments when often the pharmacist can be your first port of call. Do make a point of popping along to see us.

### Walk-in flu clinics (eligible patients only)

Flu is an unpredictable virus that can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week. To reduce the risk of spreading flu wash your hands often with warm water and soap, use tissues to trap germs when you cough or sneeze and then bin them as quickly as possible.

**However, flu can cause severe illness and even death among vulnerable groups** and you should

therefore have the flu vaccine, offered free by the NHS, if you:

- Are 65 years or older (including those becoming 65 years by 31 March 2020)
- Are Pregnant
- Are a carer
- Are aged 6 months to under 65 years in clinical risk groups
- Are residential in a care home or long-stay facility
- Are a household contact of immunocompromised individuals

Children of reception and school years 1 to 6 will be **offered the vaccination at school** (all children aged 2 to ten years old on 31<sup>st</sup> August 2019 are eligible)

**The Practice will be running walk-in flu clinics for eligible patients every morning during October between 9-9.55am. This will be for adults only.**

**There will be walk-in clinics every Saturday morning in October and on 2<sup>nd</sup> November, 8-11 am. This will be for adults and eligible children.**

### Mobile telephone numbers

Does the Practice hold an up-to-date mobile telephone number for you? If not, it cannot text you with appointment reminders and any health information which is relevant to you personally. Please contact the Practice to change your number – it will need proof of identity to do so.

### Extended Summary Care Record

Summary Care Records (SCR) are an electronic record of important patient information, created from GP medical records. They can be seen and used by authorised staff in other areas of the health and care system involved in the patient's direct care. At a minimum, the SCR holds information about your current medication, allergies and previous bad reactions to medicines and your name, address, date of birth and NHS number. If you would like additional information

such as details of long term conditions, significant medical history or specific communication needs added in your SCR, please speak to your GP. SCRs are different from the Local Care Record.

### **Spotlight on the Practice (13) – Raj Shukla, Practice Manager**

Raj joined Paxton Green in June 2019 following the retirement of Janice Marsh. The Partners planned for a period with both practice managers working together to ensure the smooth handover of the services.

Raj has been working in NHS primary care, based in London for over 16 years. This has been mainly for provider organisations and for a period as a commissioner at Hillingdon Primary Care Trust. More recently his role involved managing GP practices in Tower Hamlets, Newham and Redbridge. He has a post graduate diploma in Public Health from the University of Bedfordshire and also has an interest in all things digital. Over the next year or so, the NHS wants GP practices to expand their online and digital services and Raj with his background is well placed to support Paxton Green in this work.

### **News from the Practice**

Since July 1<sup>st</sup> Paxton Green has been part of the **Croxted Primary Care Network (CPCN)** – a formal collaboration with two neighbouring practices, The Old Dairy Health Centre and Brockwell Park Surgery, in accordance with NHS plans to encourage all GP practices to belong to a Primary Care Network (PCN).

PCNs are based on GP registered lists, typically serving communities of 30,000-50,000. They should be small enough to provide the personal care valued by both patients and GPs, but large enough to offer more proactive, co-ordinated and integrated health and social care.

The Croxted Primary Care Network is in its infancy. It is unlikely that patients will notice any difference at the moment, but over the next few months and years the CPCN will be recruiting some additional roles to add to the three practices' clinical teams.

The Practice is very pleased to welcome to Paxton Green, four GP trainees in their final year of GP

specialist training and also two doctors in their second foundation year after their medical degree. They are all qualified doctors, initially from hospital training, getting further primary care training supervised by GP trainers at the practice.

**Practice Nurses' topics of the month.** See their noticeboard display for

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

Written information on the above topics will also be available at the PPG table during Self Care Week.

**The Practice will be closed from 12.30-18.30pm on Thursday, October 3<sup>rd</sup> for staff training.**

### **Other News**

**The acute dental care service at King's College Hospital, Denmark Hill has changed.** An

appointment system has replaced the walk-in system. By calling in advance you will know immediately whether you can be seen and you won't have to make an unnecessary journey. Telephone 020 3299 5608 from 8am Monday to Friday.

All men and women aged 60 to 74 who are registered with a GP in England are automatically sent a **bowel cancer screening kit** every 2 years. Since June, instead of the old test which required taking two samples of poo on three occasions, a new test has been introduced. With this you only have to collect one sample of poo in a small plastic sample bottle and post it back to a laboratory for testing. The test kit comes with instructions and it couldn't be simpler. If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on 0800 707 6060.

**The next PPG meeting will be on Monday, November 4<sup>th</sup> at 3.30pm**

**To join the PPG please enrol at Reception or via the PPG pages on the Practice website.** Past issues of the PPG newsletter are also available on the website.