



NEWS FROM THE PATIENT PARTICIPATION GROUP



Issue 20 March 2020

What do you think of the Patient Participation Group (PPG) newsletter? Maybe this is the first time you are reading it or perhaps you see it regularly when you come into the Practice or go onto the Practice website. The newsletter has been published four times a year since 2015 and we would love to have your feedback. You may have been handed a questionnaire, but if not do ask for one at Reception; when completed please put it in the red box on the reception counter **by March 31st**.

The PPG continues to be active. Our meetings are lively and we always welcome new members. It is important that we represent the views of all registered patients. We realise that if you are working it may be difficult to attend meetings. However, we still value your participation which can also be via email, phone or letter. All members are sent meeting papers, including minutes, to keep them up to date with PPG activities and what is being discussed. See our noticeboard in the waiting room and/or read about us at:

www.paxtongreen.nhs.uk/navigator/ppg/

Coronavirus

For up to date information and advice see the Practice website or go to:

www.nhs.uk/coronavirus

If you think you might have the virus, or could have been in contact with anybody who has, **call 111, stay indoors and avoid close contact with other people.**

HPV (human papilloma virus)

HPV, which was highlighted in the Practice nurses February topic of the month, is the name of a very common group of viruses. They do not cause any problems in most people, but some types can cause genital warts or cancer.

The HPV vaccine protects against the types of HPV that cause most cases of genital warts and cervical cancer, as well as some other cancers. The first dose is routinely offered to girls and boys aged 12 to 13 in school year 8, followed by a second dose six to twelve months later. Those who missed their vaccination in year 8, can continue to have the vaccination up to their 25th birthday. This programme of vaccination is proving a success, but because the vaccine does not protect against all types of HPV that cause cervical cancer, it is important that all girls still have regular cervical screening once they reach 25. To read more about HPV, including how it is spread and who can have the vaccine go to:

www.nhs.uk/conditions/human-papilloma-virus-hpv/

Social Prescribing

Many GPs spend significant amounts of time dealing with the consequences of poor housing, debt, stress and loneliness rather than acute medical issues. Social prescribing is part of the NHS's Long Term Plan and aims to improve people's lives while reducing pressure on clinicians. Social prescribers (also known as link workers) can signpost patients to social activities, a befriending service for the housebound, social services and much more. This can be via a face to face appointment or over the phone. Anyone in the Practice can refer you to the social prescriber or patients can ask to be seen directly. Paxton Green has two social prescribers, Jane Darling who is at the Practice on Thursdays and Gary Tan who is there on Fridays.

Proxy Access

Proxy Access is a request by an adult person to get access to the medical records of someone they care for e.g. parent for child, carer of an older person. . If you wish to apply for Proxy Access, speak to the reception staff who will tell you what documentation and ID to bring into the Practice. The application must be done in the presence of both the proxy and the patient,

unless the latter is housebound. Access will then have to be authorised by a GP.

Spotlight on the Practice (15) – Gurdev Blaggan, Physician Associate

Gurdev joined the Practice in April 2019 following a year working as a physician associate in Trauma and Orthopaedic surgery at St George’s Hospital. He is medically trained to perform a number of roles including: taking medical histories, performing examinations, analysing test results, diagnosing illnesses and initiating treatment with the guidance and agreement of a doctor. He says *“I’ve always had a passion for science and medicine. Working as a physician associate enables me to fulfil this passion and help people in their time of need. I value the opportunity of meeting and treating the diverse patient population at Paxton Green and working alongside a supportive multidisciplinary team.”*

News from the Practice

Paxton Green is pleased to welcome Karen Aghatise who has recently taken up the post of **Practice Pharmacist**.

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

- Salt, Stroke and Blood pressure
- Bowel Cancer
- Smoking Asthma and Air Pollution

The Practice will be closed for staff training from 12.30pm to 18.30pm on Tuesday March 10th and Thursday May 14th.

Paxton Green Easter Surgery Hours

Maundy Thursday 9 th April	Normal opening hours
Good Friday 10 th April	CLOSED
Saturday 11 th April	CLOSED
Easter Sunday 12 th April	CLOSED
Easter Monday 13 th April	CLOSED
Tues- Fri 14 th – 17 th April	Normal opening hours

The Practice will also be closed for the early May Bank Holiday which this year will be on FRIDAY 8th May and for the Whitsun Bank Holiday on Monday 1st June.

Other News

While a survey has shown that the satisfaction rate with GP services across the 7,000 practices in the UK is the lowest since 1983, King’s Fund research indicates that new ways of working including Walk and Wait clinics alongside some booked appointments, empowering patients to self care, the use of new technologies and community services, all of which are already in place at Paxton Green, will be important for effective GP practice in the future.

The Kingswood Community Shop is offering free “Tea and Tech” sessions in March. For more information telephone 0208 670 1578.

The Listening Place is a charity which provides face-to-face support for those who feel life is no longer worth living. It is now providing services at King’s College Hospital on Saturdays to offer people aged 18 years and over the chance to talk confidentially, **by appointment**, to non-judgemental volunteers. Patients are referred by the psychiatric liaison service or can self-refer. For more information telephone 020 3906 7676 or visit www.listeningplace.org.uk

Many of us who have used the **London Ambulance Service** would like to show our appreciation for the kindness and professionalism of the paramedics who cared for us. It is possible to thank them afterwards by sending a card or letter, including as many details as possible, to the Communications Department, London Ambulance Service NHS Trust, 220 Waterloo Road, SE1 8SD or sending an email via www.londonambulance.nhs.uk/talking-with-us/thanking-our-staff/

If you would like more information, telephone 020 7783 2123

The next PPG meetings will take place on Monday 16th March from 3.30-5pm and Monday 18th May from 5.30-7pm.

To join the PPG please enrol at Reception or via the PPG pages on the Practice website. Past issues of the PPG newsletter are available in printed copy at Reception or on the website at www.paxtongreen.nhs.uk