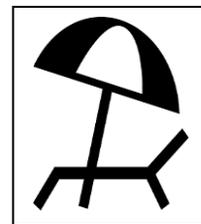




NEWS FROM THE PATIENT PARTICIPATION GROUP



Issue 13 June 2018

On July 5th the NHS is turning 70.

Since 1948 the NHS has transformed the health and wellbeing of the nation and become the envy of the world with its founding principle of free high quality health care for all. Before this patients were generally required to pay for their health care. The population of England alone has soared by around 17 million since the launch of the NHS and so far more patients now receive life-saving, life-changing care than ever before.

Patient Participation Groups contribute to the NHS by giving patients an opportunity to provide feedback and work with their practices to improve services, while promoting the importance of self-care. At Paxton Green, meetings include presentations by Practice staff and guest speakers enabling members to keep abreast of what is happening locally and nationally in the health service. So if you are not already a member, please consider joining us. (To find out how, see the end of this newsletter).

Medicine Reviews

The Practice reviews any regular medication on a patient's repeat prescription annually. You will see when you are due for a review of your medicine on the print out of your prescription. You should then make an appointment with the Practice Pharmacist. If the Practice doesn't hear from you, you will receive a text reminder, telephone call or letter in due course. Reviews are important for reasons of safety, to make sure you are on the right medication. There is a medication review form on the Practice website which you can complete as a first step if you wish.

Travel Health

It's the time of year when many of us will be going on holiday, both in this country and abroad. NHS Choices provides useful information covering

sunscreen, first aid essentials, DVTs, flying when pregnant, insurance and much more at <https://www.nhs.uk/livewell/travelhealth/Pages/Travelhealthhome.aspx>

Sun Awareness and Safe Travel is also the July topic for the practice nurses' noticeboard.

The Practice offers a full travel advice and immunisation service. If you are travelling abroad make sure you make an appointment in plenty of time (preferably 6-8 weeks) to arrange any vaccinations that may be necessary. Most travel vaccinations will incur a charge. For more information, click on the *Travel Room* on the Practice website homepage.

A list of tips for coping in hot weather (compiled from advice on NHS Choices) was included in the PPG June 2016 newsletter which is available via the PPG pages of the Practice website: <https://www.paxtongreen.uk/wp-content/uploads/2017/05/June-2016pdf.pdf>

Planning Ahead

While many of us will have made a will, we may not have considered how we wish to be cared for in the future if we are no longer able to make our own decisions. Yet knowing your rights and that your wishes will be respected can bring great peace of mind to you and your family. Making an Advance Decision or Lasting Power of Attorney can be relatively simple and inexpensive and in some cases free. The charity *Compassion in Dying* can offer a wealth of information and advice. See <https://compassionindying.org.uk/> or call 0800 999 2434.

The PPG hopes to organise a future event about planning ahead which will be open to all Practice patients.

Spotlight on the Practice (8) – Alison Peat, Assistant Practice Manager

Alison's responsibilities are almost too numerous to list. She liaises with the Practice Manager, but her role is largely different. She oversees Reception, is part of the interviewing panel for administrative staff, filters incoming emails to the administrative team, co-ordinates meetings and room bookings and draws up the rota for the administrative staff's annual leave. She is the administrator for the Clinical Research studies undertaken by the Practice. In addition, she co-ordinates mail outs for particular conditions and for projects undertaken by the Practice.

Alison is the first port of call for complaints and also responds to feedback from patients on NHS Choices. In dealing with general enquiries, she refers to the Practice doctors regarding clinical questions. She deals with petty cash and covers for the Prescription Clerk or staff shortages at Reception. And finally, and by no means least, she is the Practice liaison with the PPG, attending all our meetings and giving us invaluable support for which we are extremely grateful.

News from the Practice

The Children and Young People's Health Partnership (CYPHP) has launched **free Health Checks for children aged 0-15 who have been diagnosed with either asthma, constipation, eczema or epilepsy** and are registered with a GP Practice in the London boroughs of Lambeth and Southwark. Parents/carers are invited to submit a completed questionnaire to the CYPHP and will then be sent a Health Support Pack tailored specifically to their individual child with advice on how to manage symptoms. The questionnaire and a free-post envelope are available from Reception.

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

- June: Diabetes and Carers
- July: Sun Awareness and Safe Travel
- August: Baby Immunisations

After 30 years with the Practice, Senior Administrator, **Judy Harding**, will be retiring in August. Like Alison, Judy's workload is

considerable. In brief, she is responsible for overseeing the maintenance of the building, inside and out and co-ordinates the cleaning. She deals with all requests for information from patients and health professionals, stationery orders, banking and much more. The Practice will greatly miss her and we all wish her the very best for the future.

The Biomedical Research Centre at Guy's and St Thomas' NHS Foundation Trust and King's College is offering a free one-day training session on September 27th, 10.30-1530 on the role of patients and the public in supporting research. Contact jacintha.mcgahon@gstt.nhs.uk or call 0207 188 7188 ext. 53524 for more information.

Other News

In the Summer Holidays the Kingswood Community Shop on Seeley Drive will be organising some exciting activities for children and some for the elderly. To find out more, simply drop into the shop, telephone 020 8670 1578 or email rebeccakcs@cpdct.org.uk

Southwark Council runs **The Kingswood Youth Club** for anyone aged 11-19. They meet on Wednesday and Friday evenings from 6.30pm-9.00pm at Kingswood House, Seeley Drive, SE21 8QN. They play pool, table tennis and X-Box and have obtained funding to develop a music production studio.

The Magnolia Club, a drop-in group for people with dementia and their carers, meets on Monday mornings between 10.30 and 12.30 in The Goodliffe Hall at Christ Church, Gipsy Hill. It is free to attend and there is no need to book. Contact Nicky Rothwell on 07399 602289 or email hopeforhome@gipsyhill.org.uk for more details.

The next PPG meeting will be on Monday July 16th at approximately 5.50pm, following the AGM (for enrolled PPG members only) at 5.30pm.

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

