



News from the Patient participation group

Issue 5. June 2016.

A year has passed since the launch of our quarterly PPG newsletter in June 2015. Do tell us, via the suggestion box at Reception, what you think of it, and if you have any ideas for future issues. Past issues of the newsletter are available on the PPG pages of the Practice website or ask at Reception.

The PPG continues to meet every two months and our annual general meeting will be held on July 11th.

PPG Awareness Week - 6th to 11th June - and Patient Survey

The purpose of this annual national event is to promote the role and benefits of PPGs to patients, the public and health professionals, in order to create more understanding of the value of true patient participation. Last year the Paxton Green PPG had a table in the foyer; this year we are organising a survey aimed at identifying areas for improving communication between patients and the Practice. Members of the PPG will be handing out surveys each day during the Walk & Wait and other clinics and will be happy to answer any questions. The survey will be run until the end of June and will also be available at Reception and on the Practice website.

Men's Health Week – 13th-19th June

This year's theme is what to do about stress. If stress is not released it can turn into something more serious. There are many things which can be done to beat stress - exercise, sing, paint, volunteer, learn something new and much more. The message from the Men's Health Forum is to talk about it with friends and family. And during the week the forum will be launch a new Beat Stress service offering a free text chat with experts. For more information go to www.menshealthforum.org.uk

Online Access

Booking an appointment on line

If you are a registered patient at the Practice you can view, book and cancel appointments at Paxton Green from home, work or on the move – wherever you can connect to the internet. This service is available day or night via the Practice website once you have signed up at Reception.

Viewing your medical records

You can view your medical records on line through the Patient Access website. You will need to sign up separately at Reception for this service which also includes a simple way to order repeat prescriptions. The receptionist will ask to see two forms of identification such as passport or driving license and bank statement, but not a utility bill.

Summer Health

NHS Choices advises that summer sunlight is our main source of vitamin D. **Vitamin D** regulates the amount of calcium and phosphate in our bodies which are needed for healthy bones and teeth.

Most people can make enough vitamin D from being out in the sun daily for short periods with their forearms, hands or lower legs uncovered and without sunscreen from March to October, especially from 11am to 3pm

A short period of time in the sun means just a few minutes – about 10 to 15 minutes is enough for most lighter-skinned people – and is less than the time it takes you to start going red or burn. Exposing yourself for longer is unlikely to provide any additional benefits. People with darker skin will need to spend longer in the sun to produce the same amount of vitamin D.

However, ***the longer you stay in the sun, especially for prolonged periods without sun protection, the greater your risk of skin cancer.***

If you plan to be out in the sun for long, cover up with suitable clothing, seeking shade and applying at least SPF15 sunscreen. Children under six months should be kept out of direct sunlight. For more information go to:

<http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/am-i-at-risk-of-sunburn>

Most of us welcome hot weather, but when it's too hot for too long there are health risks. If a heat wave hits this summer, make sure the hot weather doesn't harm you or anyone you know. The very young, the elderly and the seriously ill are the groups who are particularly at risk of health problems when the weather is very hot. In particular, very hot weather can make heart and breathing problems worse and can cause dehydration.

Tips for coping in hot weather

- Shut windows and pull down the shades; open them for ventilation when it is cooler.
- If possible don't go out between 11am and 3pm.
- Have cool baths or showers, and splash yourself with cool water.
- Drink cold drinks regularly, such as water and fruit juice. Avoid tea, coffee and alcohol.
- Identify the coolest room in the house
- Wear loose, cool clothing and a hat if you go outdoors.
- Check up on friends, relatives and neighbours who may be less able to look after themselves.
- If you're worried about yourself or a vulnerable neighbour, friend or relative, you can contact the local environmental health office at your local authority.

And for air quality, UV, pollen and temperature forecasts for London go to www.airtext.info

News from the Practice

The Accessible Information Standard now applies across the NHS and adult social care system. It aims to improve the quality and safety of care received by individuals with information and communication needs, and their ability to be involved in their own decision-making about their health, care and wellbeing. Paxton Green is currently working on implementing this. If you have information or support needs, please tell the receptionist when you arrive for your next appointment or call on 020 8670 6878, preferably between 10.30 am and 4.30 pm.

Recently, there has been a higher incidence of measles locally. **Measles** is unpleasant and can lead to serious complications in some people. It can be prevented by having the **MMR vaccine** This is given in two doses as part of the NHS childhood vaccination programme. The first dose is given when a child is around 13 months old and a second dose is given before s/he starts school. Adults and older children can be vaccinated at any age if they haven't been fully vaccinated before. Ask your GP about having the vaccination.

Other News

NHS England has launched "One You", the first ever nationwide campaign to address preventable disease in adults. To get free personal advice on keeping yourself healthy and active go to <https://www.nhs.uk/oneyou>

You might also like to refer to NHS Choices **Eatwell Guide** which divides the foods we eat and drink into five main food groups. It recommends choosing a variety of different foods from each of the groups to help you get the wide range of nutrients your body needs to stay healthy. <http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

Diary Dates

June 6th-11th Patient Participation Group Awareness Week

June 13th-19th Men's Health Week

June 6th-30th Patient Survey

July 11th at 5.30pm PPG meeting including AGM

August 29th Practice closed for Bank Holiday

September 5th at 5.30pm PPG meeting

November 7th at 3.30pm PPG meeting