



News from the Patient participation group



Issue 12 March 2018

Welcome to the first PPG newsletter of 2018.

The PPG meetings continue to be well attended and we are pleased to say that, following our daily presence in the Practice during Self Care week and our Meet and Mingle seasonal event in December, several more patients have enrolled as PPG members.

The annual report of the Lambeth Patient Participation Group network states: *"Paxton Green PPG has provided inspiring peer learning to some newly developing PPGs by sharing their experiences, its relationship with their practice and how their PPG works"*.

While one of our ongoing priorities is to promote health and wellbeing, the PPG will now also be working with the Practice on the NHS Lambeth Clinical Commissioning Group's new campaign to reduce medicines waste across the borough.

Medicines waste costs around the NHS around £9 million a year in South East London. This is money that could be spent on vital NHS services. To help to reduce medicines waste please:

- Check what medicines you still have at home before ordering your prescription
- Only tick the boxes on your repeat prescription forms for medicines you really need
- If you use the electronic prescription service, tell your pharmacist if they give you medicines you're no longer using or already have enough of at home
- Tell your GP or pharmacist if you've stopped taking any medicines, so they can be removed from your repeat list
- Don't stockpile medicines

- Order online via the Practice website which may also be quicker and more convenient for you

If you need more medicine in the future you can still request it. Stockpiling medicines increases the risk for children and others who may accidentally take them. Unused medicines cannot be recycled and issued again even if they have never been opened.

Salt, Stroke and Blood Pressure

This is the March topic for health promotion by the Practice Nurses (see their noticeboard displays in the rear waiting area).

High blood pressure rarely has noticeable symptoms, but if untreated, it increases your risk of serious problems such as heart attacks and strokes. The only way to find out if your blood pressure is high is to have your blood pressure checked. All adults over 40 are advised to have their blood pressure checked at least every five years.

The following lifestyle changes can help prevent and lower high blood pressure:

- reduce the amount of salt you eat and have a generally healthy diet
- cut back on alcohol if you drink too much
- lose weight if you're overweight
- exercise regularly
- cut down on caffeine
- stop smoking
- try to get at least six hours of sleep a night

You don't have to add salt to your food to eat too much of it – around 75% of the salt we eat is already in everyday foods such as bread, breakfast cereal and ready meals.

Remember, whether you're eating at home, cooking or eating out, don't add salt to your food automatically – taste it first.

For more tips to help you cut down on salt go to:
<https://www.nhs.uk/livewell/goodfood/pages/cut-down-salt.aspx>

Spotlight on the Practice (7) - Pan S, IT manager

Pan has been at Paxton Green for 10 years where, unlike at many GP practices, most of the IT systems and hardware are managed in-house. Pan's job is to plan, maintain and install servers, computers, printers and telecommunication equipment. As well as being responsible for liaising with service providers and vendors, he deals with the designers of the new website and its maintenance. He also has to ensure that all staff are trained on the clinical IT system and governance.

News from the Practice

Almost daily we hear about the problems that the NHS is facing, including those with GP and practice nurse recruitment. However, we are happy to report that Paxton Green has its full complement of clinical staff.

The Practice has two new salaried GPs, Dr Jacob Stendall and Dr Simon Bird, and Karen Amardivakar has joined the nursing team.

In the first two months since the new Practice website went live, 2,122 requests were dealt with online. For patients, using the website in this way has the advantage of contacting the Practice at a personally convenient time 24/7, saving a telephone call or an unnecessary visit and in some cases the need for an appointment. In addition, during that period, 325 more people registered for online services to book appointments, receive text message alerts, request repeat medication and view their medical records. *Of course, anybody who cannot or does not wish to use the online services or the website can still telephone the Practice in the usual way.*

The Practice Nurses topic of the month for April is **Bowel Cancer** and for May **Smoking, Asthma and Air Pollution**.

Other News

The Kingswood Community Shop will be holding an open day on Wednesday 14th March from 1-4pm. As well as refreshments, there will be

workshops on floristry, beauty, healthy eating and accessing community online services. All welcome. For more information call 0208 8670 1578 or email: RebeccaKCS@cpcdt.org.uk

An interesting exhibition celebrating **100 Years of Public Health Marketing** is available online and provides an insightful look at how public health messages have been communicated through the years:

<https://publichealthengland.exposure.co/100-years-of-public-health-marketing>

March 18th is National Child Sexual Exploitation Awareness Day. Its aim is to encourage everyone to think, spot and speak out against this form of abuse which involves the manipulation and/or coercion of young people under the age of 18 into sexual activity. It can be difficult to differentiate between ordinary teenage behaviour and the risk of or involvement in sexual exploitation, but there are signs to look out for. For much more information about this, including how to report an incident and downloadable resources about keeping children safe, go to: www.stop-cse.org

The Mayor of London is consulting now on the long-term future of the **Crystal Palace National Sports Centre** and will go on to review the whole park site. This is an historic local resource offering us health, leisure and sporting benefits. More information, a petition and survey can be found at: www.cpsp2020.com

Paxton Green Easter Surgery Hours

Maundy Thursday 29 th March	Normal opening hours
Good Friday 30 th March	CLOSED
Saturday 31 st March	CLOSED
Easter Sunday 1 st April	CLOSED
Easter Monday 2 nd April	CLOSED
Easter week, Tues- Fri 3rd – 6 th April	Normal opening hours

When the Practice is closed patients can obtain telephone advice by dialling 111 or calling SELDOC on 020 8693 9066.

The next PPG meeting will be on Monday, March 19th 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 at: www.paxtongreen.uk