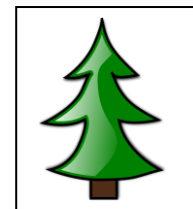




## NEWS FROM THE PATIENT PARTICIPATION GROUP



### Issue 15 December 2018

#### **The PPG has been particularly busy since**

**September.** In October we hosted the Advance Care Planning event mentioned in the last newsletter. This was very well received by those present and many were spurred on to create Lasting Powers of Attorney for health and/or make Advance decisions and Advance Statements. If you missed it, information is available at <https://compassionindying.org.uk> or on 0800 999 2434.

At our November meeting, the King's College Hospital Primary Care Liaison Manager gave an interesting presentation on how KCH works with GPs. The aim of her role is to build and strengthen relationships between primary (GP) and secondary (hospital) care, resolving any issues and helping to assist in improving King's services.

Recently the Health Secretary, Matt Hancock, set out his long-term vision for the NHS with a focus on preventing illness and encouraging people to take more responsibility for their own health.

In line with this, and for the fifth year running, the PPG supported the Practice during national **Self Care week** by manning a table in the foyer each morning during the Walk & Wait clinic (12<sup>th</sup>-16<sup>th</sup> November). We also shared a SCW display board with the practice nurses; this was positioned by the W&W registration queue.

We were offering a variety of information, including material promoting the pharmacy as a first option, screening, prevention and mental health and wellbeing, and were delighted with the number of patients who stopped to talk and pick up leaflets.

And finally, as part of our priority to improve communication, we are currently looking with the

Practice at how to make the excellent new website even more user friendly and how to update the slides on the TV screens in the waiting area; we are also working with the Practice to create a short survey about the W&W clinic.

#### **Depression , Anxiety and Dementia.**

(Information from NHS Choices)

**Depression** is more than simply feeling unhappy or fed up for a few days. Most people go through periods of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days. Some people think depression is trivial and not a genuine health condition. They're wrong – it is a real illness with real symptoms. Depression isn't a sign of weakness or something you can "snap out of" by "pulling yourself together". It is important to see a doctor if you think you might be depressed. The sooner you see a doctor, the sooner you can be on the way to recovery.

**Anxiety** is a feeling of unease, such as worry or fear, that can be mild or severe.

Everybody has feelings of anxiety at some point in their lives, for example over an exam or job interview, but sometimes these are more constant.

See your GP if anxiety is affecting your daily life or causing you distress.

**Dementia.** If you're worried about your memory or think you might have dementia, it's a good idea to see you GP. If you're worried about someone else's memory problems, encourage them to make an appointment and perhaps suggest that you go along with them.

**Depression, Dementia and Mental Health** is the Practice Nurses' December topic of the month (see page 2)

## News from the Practice

The Practice has recently appointed two **physician associates (PAs)** working Monday to Friday.

PAs are collaborative healthcare professionals with a generalist medical education, who work alongside doctors, providing medical care as an integral part of the team. They are able to work independently with appropriate support.

For more information about PAs go to:

<http://www.fparcp.co.uk/>

For the moment PAs at Paxton Green will not be seeing babies under 3 months or patients with learning disabilities (see opposite).

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

- December: Depression, Dementia and Mental Health
- January: Shingles
- February: Cervical cancer, smears and HPV

## Other News

The NHS Lambeth Clinical Commissioning Group is asking people to help reduce the cost of medicines waste. People on repeat prescriptions are being asked to avoid stockpiling medicines by checking how much medicine they have at home before asking for more. Every prescription costs the NHS money, even if a prescription charge is paid. Unused prescription medicine costs the NHS around £300 million each year. This is money that could be spent on vital NHS services.

NB Unused medicines should be returned to the pharmacist for disposal.

**Coach4care** trains ex-carers to become coaches for current carers who look after somebody with a life limiting illness. St. Christopher's Hospice is looking for people who are interested in being a coach, or who would like to receive coaching as a carer. For more information contact Anna Warhurst on 0771 825 0363 or email [a.warhurst@stchristphers.org.uk](mailto:a.warhurst@stchristphers.org.uk)

If you want to cut down on smoking, but are not ready to quit, you might be interested in taking part in the TARS study (Trial of physical Activity assisted Reduction of Smoking) funded by the National Institute for Health Research. To find out

what is involved, pick up a leaflet at the Practice or contact Mary George at [mageorge@sgul.ac.uk](mailto:mageorge@sgul.ac.uk) or on 07896934108. Those who complete the study will receive £40 in shopping vouchers.

## Spotlight on the Practice (10) – Jac-Marcus Goult, Physician Associate

Jac says:

“Before training as a physician associate, I did a four year degree in Biomedicine at the University of East Anglia. This focused heavily on research into diseases such as cancer, diabetes, cardiovascular and antibiotic resistance. Whilst I enjoyed studying the principle of diseases and potential future treatments, I wanted a career with a more face-to-face approach. I therefore embarked on a postgraduate course in physician associate studies. I started working at Paxton Green in October where I have found the team extremely supportive. Everybody from receptionists to training doctors and partners has made me feel very welcome.”

## Christmas and New Year surgery times

Mon Dec 24 <sup>th</sup>	8am-8pm
Tues Dec 25 <sup>th</sup>	CLOSED
Wed Dec 26 <sup>th</sup>	CLOSED
Thurs Dec 28 <sup>th</sup>	8am-7pm
Fri Dec 29 <sup>th</sup>	8am-7pm
Sat Dec 30 <sup>th</sup>	CLOSED
Mon December 31 <sup>st</sup>	8am-8pm
Tues January 1 <sup>st</sup>	CLOSED
Wed Jan 2 <sup>nd</sup>	8am-8pm
Thurs Jan 3 <sup>rd</sup>	8am-7pm
Fri Jan 4 <sup>th</sup>	8am-7pm



***The PPG wishes you all a Merry Christmas and a Happy and Healthy New Year.***

**The next PPG meeting will be on Monday, January 21<sup>st</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 at [www.paxtongreen.uk](http://www.paxtongreen.uk)

