

June 2017

Welcome to our Patient Participation Group Newsletter where we aim to, amongst other things, generate interest in health and practice matters, increase communication with patients, give links to statutory and voluntary organization's and advise of wider community activities.

West Hampshire Clinical Commissioning Group is the NHS organisation responsible for planning and paying for your healthcare services. This includes GPs, hospitals, community services and mental health services. The CCG is made up of a membership of GPs and run by senior NHS managers. All decisions are approved by a mixture of doctors, nurses and other healthcare professionals. They look after a population of around 550,000 people and manage a budget of around £750 million.

When planning new or revised services it is very important that they listen to what patients want and need. They do this through surveys and focus groups, and by talking to Patient Participation Groups in GP practices. They also have a Health Involvement Network, which is a database of local people who have registered to help with planning healthcare in Hampshire. Anyone can join the HIN through their website: www.westhampshireccg.nhs.uk



The Royal British Legion Admiral Nurse Service

The Admiral Nurses, support carers and families of those with Dementia. They offer specialist support, information and advice to the carers of people with Dementia. To qualify for this service the carer or person with dementia needs to be a beneficiary of The Royal British Legion. This includes anyone who has served in the British armed forces their family and carers. To find out more contact your local service:

104 Above Bar Street, Southampton, SO14 7DT,
Tel: 02382025787

Get Hampshire Walking



GPs in west Hampshire are supporting a campaign to get people walking more. Physical activity has a positive impact on health and happiness and even small changes can make a big difference. Sitting for long periods of time can cause premature aging and diseases such as cancer, heart disease, diabetes, dementia and depression. The only thing that can prevent this damage is being more active!

Walking is also a great opportunity to meet new people and help with your mental as well as physical health. Getting out and meeting people face to face helps with local connections, provides opportunities to get to know your neighborhood better and to make new friends. And it's not all about big walks in the country, or walking lots of miles. You can start at your own pace, with a few minutes of additional walking and then increase this over time. You could walk to the shops, get off the bus a stop earlier or park the car further away from work. All these things can help increase your activity levels and will have a positive impact on your health and wellbeing.

If you've not been very active, you can speak to your GP or practice nurse about how you can increase the amount of walking you do every day and they can give you advice about what is appropriate for you.

Click here and find out what you can get involved in in your local area
<https://www.westhampshireccg.nhs.uk/gethampshirewalking>

Could you help the PPG with Research?

We are looking for a PPG member who can tell others about the current research projects and feedback on the outcomes of previous research projects at the surgery. Telling people about what has been achieved and what could be done by all our patients in helping us all to improve our research on best healthcare.

The research unit at Park and St Francis surgery has organised local provision of some thirty regional and national studies. The team includes Amy Glanville, Research Nurse, and Jo King, Research Administrator. Current studies being supported in conjunction with the Wessex Clinical Research Network includes CANDID which looks at symptoms of cough or bowel problems, FAME which is investigating the causes of fatigue and REDUCE which is looking at how to cut down on long term antidepressant use. Studies involve collaboration with other regional centres such as Southampton University, as well as national projects and some studies organised from the European Union.

And it is known that patients who take part in studies are more closely reviewed and better informed as a result of taking part. Although the principal investigator (PI) has ultimate responsibility for any study, it is often the research nurse who coordinates its day-to-day management. Ensuring patients give fully informed consent before entering trials is a key part of the role of the research nurse. This involves screening for potential participants, ensuring patients are given all the information they need and that they fully understand the purpose of the study, any potential risks and benefits and what will happen to them if they agree to participate.

Quality and reproducibility of data are two of the key principles of ethically sound research. All data must be accurate and complete for the results of the study to be valid, and entering data or checking that all records are correct and up to date requires attention to detail, a meticulous approach and a high level of integrity. Every member of the team has a significant part to play and teamwork is so important and vital to the success of clinical research. If you are interested in helping the team tell others about the research work and successes at the surgery please contact Jo King, our Research Administrator.

Community Information Cafes



Do you need information or advice about activities and services available locally or do you just fancy a coffee in a friendly, relaxed environment. Why not pop into one of the community information cafes?

The North Baddesley Rendevous Community Information Café is held at All Saints Church, Baddesley on the 3rd Tuesday each month 10.00am -12.00pm.

Rheumatoid Arthritis Awareness Week 19 – 25 June

This is the campaign organized by the National Rheumatoid Arthritis Society. Its aim is to raise awareness and challenge misconceptions and attitudes people may have around Rheumatoid Arthritis and broaden perceptions, knowledge and understanding of this disease see <http://www.nras.org.uk/ra-awareness-week> for more details.

PPG information evenings

We are in the process of arranging two Health Information Evenings, 12th July and 8th November.

If you would like to contribute to, or comment on our newsletter please contact us at:

whccg.stfrancissurgery-ppg@nhs.net

VISITING YOUR PHARMACY

With advice on common illnesses and the best medicines to treat them, visiting the pharmacist can save you time and help you feel better fast. Pharmacists have at least four years of training to become experts in medicine. Your local pharmacist can also use their expertise and practical knowledge to give advice about minor illnesses and injuries. You can talk to a pharmacist in confidence, most now offer private consultation areas and you don't need to book an appointment. Your local pharmacy can help you with more than you might think. Pharmacists are highly trained health professionals, who can offer expert, confidential advice and treatment for many minor health problems. More advice can be found on:

www.hereforyouhampshire.nhs.uk/

CALLING NHS 111



The team at 111 can give you instant advice and access to the urgent health care you need and will ensure you get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days a year and calls are free from landlines and mobile phones.

When to treat yourself? There are some minor illnesses and injuries which you can treat yourself, without the hassle of seeing a pharmacist or a GP. This includes common conditions like coughs, colds and hayfever.