

June 2018

PPG Health Initiative Evening Wednesday 11th July 18.30 - 19.30

A meeting open to ALL patients at St. Francis Church Hall (adjacent to the St. Francis Surgery)



A Chandler's Ford stroke survivor tells his story of how he has gone the extra mile to help other people by running the London Marathon in aid of the Stroke Association.

Whilst skiing in Austria on Christmas Day 2014, Liam Stapleton's life changed. At age 53 and father-of-three, a stroke left him unable to speak and move the right side of his body and he had to retire as a maths teacher. After six months of therapy he started an eight-week programme to improve his health by using the treadmill and free weights. Despite the difficulties, he made a remarkable recovery and has not stopped running since. "Four years ago I would never have dreamt that I could run a mile! I feel so proud of what I've achieved since my stroke. It's not been an easy road, but my life has completely changed for the better, and I'm so thankful to have had such supportive family and friends behind me."

Dr M Rickenbach will give Practice updates with an opportunity for patients to speak to the Practice about any issues of concern.

EConsult is a request advice and treatment from our practice online. You can get self-help advice for hundreds of common conditions.

We would like to know how we can improve our service to you and how you perceive our surgery and staff. To help us with this, we are setting up a virtual patient representation group so that you can have your say.

We will ask the members of this representative group some questions from time to time, such as what you think about our opening times or the quality of the care or service you received. We will contact you via email and keep our surveys succinct so it shouldn't take too much of your time.

Did You Know ?

Bike Week, delivered by Cycling UK, is an annual opportunity to promote cycling and show how cycling can easily be part of everyday life by encouraging 'everyday cycling for everyone'. Believe it or not, Bike Week first took place in 1923 – 95 years ago! It was, and always has been, a great opportunity to highlight the social, health and environmental benefits of cycling, with a core aim of getting people to give cycling a go all over the UK.

Whether it's for fun, as a means of getting around to work or school, a trip to the local shops or just to visit friends – cycling is for every day, for everyone.

For more information see website

<http://bikeweek.org.uk/us/>

Bike Week takes place from 9th - 17th June



General Data Protection Regulation

With the introduction of the General Data Protection Regulation (GDPR) from May 25th 2018, there's no need to worry - all data we hold about you is used safely and securely! If you would like to know more you can read our updated Privacy Notice by visiting our website or requesting a printed copy from Reception or go to the practice website <http://www.parksurgery-hursleyrd.co.uk/> Please go to new patients link in the practice website.

Appointments

Looking to improve the way we respond to the many, on the day requests for general advice, we are changing the way we book, on the day appointments with the triage team, who signpost patients to the most appropriate outcome.



We ask that all patients who are over the age of 18 access the practice website and use the E-Consult on the front page. This will take you through an algorithm (same as triage) and if needed, a summary of the patient condition will be sent to the practice. Our team will then triage and if needed call or email the patient back.

We have to work in line with the 5 year GP forward view that very much encourages e-consult and other services instead of first point of access as General Practice. We will, of course, monitor the new system as it beds in.

We have also changed our pre booking appointments for routine appointments in the hope that this will enable you to see 'a' GP or one of your choice, up to two weeks ahead. You will now book only for 2 weeks ahead instead of 6. If you call the practice for an appointment in 4 weeks you will be asked to call back nearer the time.

If you would like to contribute to, or comment on our newsletter please contact us at whccg.stfrancissurgery-ppg@nhs.net

Your Doctor is a specialist

They have just specialized in being a generalist! Don't make the mistake of thinking that there is a hierarchy of doctors, with GPs at the bottom and hospital consultants at the top.

Your GP will have spent a minimum of 5 years in training AFTER medical school. They are experienced doctors qualified to look after you. Sometimes people think that going to A&E means you get to see a 'proper doctor' – remember that the junior doctor in A&E is likely significantly less experienced than your GP. Many people think that being a GP is the hardest job a doctor can do. If you are concerned that you might need to see a specialist, then talk this through with your GP – they are in a really good place to decide with you if that is what is needed, or not.



One Community support any young person aged 8-18 years old living within the Eastleigh Borough whose life is significantly affected by caring for a family member who has an illness, disability, mental health or substance misuse problem

There are regular activity sessions, residential and days out, life skills workshops and one to one support.

To make a referral call on 02380902465, referrals can be made by professionals, parents or carers.

Email jmiles@1community.org.uk



Give Blood

Health in the News

14th June 2018 is World Blood Donor Day

We need over 6,000 blood donations every day to treat patients in need across England. Each year we need approximately 200,000 new donors, as some donors can no longer give blood. Most people between the ages of 17-65 are able to give blood.

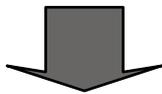
Around half our current donors are over 45. That's why we need more young people (over the age of 17) to start giving blood, so we can make sure we have enough blood in the future.

You can give blood if you are:

- fit and healthy
- weigh between 7 stone 12 lbs and 25 stone (50kg and 160kg)
- aged between 17 and 66 (or 70 if you have given blood before) or over 70 and have given blood in the last two years.

For more information see the website www.blood.co.uk/why-give-blood/ or call 0300 123 23 23

Connect to Support Hampshire



Awareness Stand

Connect to Support will have an Information Stand on

Wednesday 27th June 09.30 -12.00

at St Francis Surgery

Just because you are growing older or have a disability doesn't mean that you should stop enjoying life. As your circumstances change, it becomes important to consider your options to deal with these changes and to find new ways, or rediscover old ones, to live your life to the fullest.

The, Connect to Support, Hampshire website, provided by Hampshire County Council, helps you to find the support you need to manage your own care and wellbeing.

Visit the, Connect to Support, Hampshire website where you can get information and advice to help you maintain your independence and find out about local groups, activities and services in your community. Search for care homes or home care agencies in Hampshire.

Get advice. Get support. Get Connected.
www.ConnecttoSupportHampshire.org.uk

Rheumatoid Arthritis Awareness Week 2018

Takes place between June 18th and 24th, and is an annual event to raise awareness of the condition and the impact on sufferers and their families. The event is run by the National Rheumatoid Arthritis Society (NRAS), which is a registered charity.

Rheumatoid Arthritis is a painful autoimmune disease that affects joints as the body's immune system mistakenly attacks the lining of the joints, leading to inflammation and stiffness, and it isn't restricted to joints, it also affects the body's organs, for example heart and lungs. The condition is seen in women more than in men, and affects approximately 1% of the UK population. It is a hidden condition, meaning that people do not always realize that sufferers are living with the disease.

The condition is not the same arthritis that affects older people, which is known as osteoarthritis, but can affect people of any age, and can either have an early onset, in teenage years, or start at any time in an adult's life. There is no known cure, but advances in medicine mean that treatment can be very effective in reducing pain and symptoms.

For more information: www.nras.org.uk/
Freephone Helpline: 0800 298 7650



Helping with Emotional Wellbeing and Mental Health

Child and Adolescent Mental Health Services (CAMHS) are an NHS service, that aims to help young people up to the age of 18 who are finding it hard to manage their emotional, psychological and mental health.

CAMHS have community teams of staff across the Hampshire area who are able to support young people and families if needed.

For more information see their website

<https://hampshirecamhs.nhs.uk/> or ring their single point of contact: 0300 304 0050

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