

# **Park & St Francis Surgeries**

## **NEWSLETTER**

### **January 2018**

As we start the New Year we welcome patients who have joined us from Brownhill Surgery. Our surgery is eager to ensure that local people are actively involved in deciding how the health services they use should develop. To provide patients with the opportunity to express their views, we some years ago set up our Patient Participation Group (PPG).

Our 'mission statement' is: The PPG shall help to promote good health by:

- Fostering improved communication between the practice and its patients.
- Contributing to the continuous improvement of services.
- Helping the practice to make the most effective use of its services.
- Influencing decisions about which services are provided; and offering practical support to the practice.

The aim of the group is to give patients, GPs and practice staff an opportunity to meet, to exchange ideas and information, and then to take action. The PPG Committee generally meets quarterly at St Francis Surgery and we also hold quarterly Health Initiative presentations interspersed with a quarterly newsletter to keep patients up to date on the activities of the group and the services that the practice offers and much more!

We are currently looking for a Secretary to the Committee and someone to run our Awareness Sessions. Interested? All patients are automatically members of the PPG, if you want to assist us with, or have ideas of what the group should be looking at please leave your details at Reception and I will get in contact with you.

**Claire Parsonage**, Chair Park and St. Francis Patient Participation Group.

### **February is Raynaud's Awareness Month**

Raynaud's phenomenon is a condition thought to affect up to ten million people in the UK and it can be incredibly painful. With Raynaud's, the small blood vessels in the extremities are over-sensitive to changes in temperature, which can cause a Raynaud's attack. February is Raynaud's Awareness Month in which they aim to highlight Raynaud's and the work of the RSA by asking you to "LOVE your GLOVES!" February is statistically the coldest month of the year and it is vital to wrap up warm and protect your extremities.

For more information go to [www.nhs.uk/conditions/raynauds](http://www.nhs.uk/conditions/raynauds)

### **Open Sight**

Open Sight provides a range of services to enable people to adapt and manage their lives which have been altered because of sight loss. Open Sight's experienced staff have the knowledge, expertise, empathy and understanding to help you with any concerns you have. They can assist you by either visiting you at home or over the phone. Their Equipment Centre holds a wide range of specialist aids to help with reading, writing, watching television and using a computer. In addition, the Centre stocks various everyday items, including talking clocks, watches, kitchen equipment, large button phones, adapted games and much more.

Open Sight advisors can provide an assessment and help in choosing the correct magnification and lighting solutions best suited to your specific needs.

Open Sight can give advice on education, social and leisure activities and offer emotional support around family issues through its dedicated Family Support Service regardless of which member of the family has sight loss.

Open Sight's free magazine, 'Second Sight' contains news, information and details about Open Sight services and events as well as local and national sight loss topics. It is available in all accessible formats, including large print, audio and Braille. For more information go to [www.opensight.org.uk](http://www.opensight.org.uk), tel 023 8064 1244 or email [info@opensight.org.uk](mailto:info@opensight.org.uk)

## **South Hampshire Branch of the National Autistic Society**

The Branch was formed from a small support group set up in March 2004 for parents of children with autism and Asperger syndrome in main-stream schools. The group attracted a lot of interest from parents and soon they were also running a monthly family youth club.

They were soon welcoming anyone who was affected by autism whether children, adults, parents or professionals, so called upon the National Autistic Society for assistance. In January 2005 they became the Eastleigh and Winchester Branch of the National Autistic Society.

Over the years membership has increased considerably to well over 100 families and, as it covered a much wider area than just Eastleigh and Winchester, in October 2008 they became the South Hampshire Branch and were pleased to welcome the Asperger Support and Social Group, based in Southampton, as part of the branch.

Chandlers Ford Methodist Church Youth Club kindly continue to allow us use of their facilities around once a month on Saturday afternoons. Our thanks to our volunteers who help out on the day.

For more information go to [www.shantsas.org.uk](http://www.shantsas.org.uk)

## **Trading Standards Safeguarding team**

Their key aim is to improve lives. They work with and support adults at risk who have been financially abused in relation to contracts for goods and services; eg, mis-sold mobility products and property maintenance issues. Also with victims of all types of scams; eg, mass marketing fraud. Contact details: Safeguarding concerns/ enquiries: Citizens Advice Consumer Helpline tel: 03454 04 05 06

Requests for talks, presentations and training: [Ts.safeguarding@hants.gov.uk](mailto:T.s.safeguarding@hants.gov.uk)

## **Cervical Cancer Prevention week 22<sup>nd</sup>-28<sup>th</sup> January**

Every day in the UK 9 women are diagnosed with cervical cancer and 3 women lose their lives from the disease every day. Cervical cancer is the most common cancer in women aged 35 and 75% of cervical cancers are prevented by cervical screening (smear tests), however 1 in 4 women do not attend this potentially life-saving test. For more information go to [www.nhs.uk/conditions/cervical-cancer](http://www.nhs.uk/conditions/cervical-cancer)

## **Pre-Retirement Campaign**

A new 10-part guide aimed at people approaching retirement, is being launched on New Year's day by NHS West Hampshire Clinical Commissioning Group (CCG).

The guide highlights the importance of planning for retirement and is split into 10 key areas, such as:

- Keeping in touch with friends and family
- Getting finances in good order
- Staying active
- Being healthy and well.

Dr Sarah Schofield, Chairman of West Hampshire CCG, said: "If you are going through any major life event, and we are talking about retirement, then being prepared will help reduce stress and possible illness. "It's about things that might impact on your health - like finances, being creative, and how you keep you social life busy and remain part of the community. If people are lonely or inactive or if they are not planning for the future then people are potentially vulnerable and may become unwell."

There are 10 short video clips to accompany each message, featuring GPs, charities and local people. The guide was developed in collaboration with clinicians at Lymington Hospital, and includes prompts and ideas as well as links to useful organisations to help people prepare for their retirement.

For further information please contact:

Communications & Engagement team, West Hampshire CCG  
tel: 023 8062 7576 email: [whccg.communications@nhs.net](mailto:whccg.communications@nhs.net)

## **Dementia Friends Information Sessions**

Dementia Friends Information Sessions are run by volunteer Dementia Friends Champions, who are trained and supported by Alzheimer's Society.

Each Information Session lasts around one hour. You will learn more about dementia and how you can help to create dementia friendly communities.

As part of its commitment to being a Dementia Friendly Practice two members of our Patient Participation Group, Claire and Jan, Dementia Friends Champions, will be hosting a series of free 'Dementia Friends' Information Sessions and are looking for Park and St Francis Patients to come along.

If you would like to attend the following sessions, to be held at St Francis Surgery, please give your name and contact details to Reception indicating which session you wish to attend and we look forward to welcoming you.

**Thursday 8th February 2pm-3pm**

**Monday 26th March 2pm-3pm**

**Numbers are limited to 12 each session so please get your name in early if you wish to attend.**

## **PPG Health Initiative evenings**

At the PPG meeting on 8th November our speaker Dr J O'Connor gave a talk about Women's Health. Please see the practice website [www.parksurgery-hursleyrd.co.uk](http://www.parksurgery-hursleyrd.co.uk) and click on PPG to find minutes of the meeting.

Our next Health Initiative Information evening will be on Tuesday 13th February, when Mr Mark Harris, Consultant Urologist, will give a talk entitled 'All you need to know about improving men's health but were afraid to ask..' The meeting is held at St Francis Church Hall (opposite the Surgery and School) at 18.30 - 19.30.

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