



HOPE FARM MEDICAL CENTRE

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PRACTICE NEWSLETTER

November 2017

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Welcome

Welcome to the November addition of the practice newsletter.

We are nearing the end of our flu campaign with an encouraging uptake on vaccinations. If you are not sure if you are eligible please see the article below. We would encourage everyone eligible for a flu vaccination to make their appointment if they haven't done so already.

The Patient Participation Group at Hope Farm Medical Centre has a **Mental Health Awareness evening on the 20th November**. More information can be found further down this newsletter. The mental health agenda has been widely publicised recently by the media, politicians and celebrities. For this reason the PPG wanted to provide an opportunity for patients to listen to experts, to find out more about local services and how to access them and to improve self-care. Please support your PPG event and if you would like to attend please ring the practice to reserve your place.

Practice Closures

Please note that the practice will be closed on

Important Dates

Wednesday 16th November 2017. The practice will be closed from **1pm until 5pm** for continued staff development. The afternoon closure enables training to be delivered to staff and an opportunity to share knowledge and learning to ensure the care provided by the practice is of the highest quality. If you need to see a clinician during these hours of closure please contact the **Out of Hours service on 111**.

16th November 2017
Staff Training – Practice Closure

13th December 2017
Staff Training – Practice Closure

**25th & 26th December 2017
& 1st January 2018**
Closed for bank holidays

News, Events, Updates and Alerts

Seasonal Influenza Vaccination

We started our Seasonal Influenza campaign in the beginning of September and have already vaccinated 2,212 patients. If you are eligible for a **free NHS flu vaccination** it is important you make an appointment with the practice as soon as possible.

Flu is an unpredictable virus that can cause mild or unpleasant illness in most people. It can cause severe illness and even death among vulnerable groups including older people, pregnant women and people with an underlying health condition.

Certain people are more likely to develop potentially serious complications of flu, such as bronchitis and pneumonia. These people are advised to have a flu jab each year. For otherwise healthy people, flu can be very unpleasant. Most people will recover from flu within a week or two.



People who should have the flu jab

The injected flu vaccine is offered free of charge on the NHS to people who over 65 or are at risk. This is to ensure they are protected against catching flu and developing serious complications.

Flu jab for people with at risk medical conditions

The injected flu vaccine is offered free of charge on the NHS to anyone with a serious long-term health condition, including:

- chronic (long-term) respiratory diseases, such as asthma (which requires an inhaled or tablet steroid

treatment, or has led to hospital admission in the past), chronic obstructive pulmonary disease (COPD), emphysema or bronchitis

- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease or multiple sclerosis (MS)
- diabetes
- problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
- a weakened immune system
- being seriously overweight (BMI of 40 or above)

This list of conditions isn't definitive. It's always an issue of clinical judgement. Please speak to a member of the patient services team for more information. If necessary your GP can assess you to take into account the risk of flu making any underlying illness you may have worse, as well as your risk of serious illness from flu itself.

For more information please visit <https://www.nhs.uk/Conditions/vaccinations/Pages/vaccination-schedule-age-checklist.aspx>

Shingles Vaccination

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to certain people in their 70s. The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.

The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. And shingles is fatal for around 1 in 1,000 over-70s who develop it.

It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity



against further shingles attacks.

Who can have the shingles vaccination?

You are eligible for the shingles vaccine if you are aged 70 or 78 years old.

- In addition, anyone who was eligible for immunisation in the previous three years of the programme but missed out on their shingles vaccination remains eligible until their 80th birthday. This includes:
 - people in their 70s who were born after 1 September 1942
- people aged 79 years

The shingles vaccine is not available on the NHS if you are aged 80 or over. If you are unsure if you are eligible please speak to a member of the Patient Services Team.

You can have the shingles vaccination at any time of year, though many people will find it convenient to have it at the same time as their annual flu vaccination.

Please make an appointment with the practice nurse for your shingles vaccination.

For more information please visit <https://www.nhs.uk/Conditions/vaccinations/Pages/shingles-vaccination.aspx>

General Practice Extended Hours

Need a **weekend or evening appointment?**

**General
Practice
Extended
Hours**



You can now book to see a **GP, nurse** or arrange a **blood test** in the evening, at weekends and on bank holidays. **Physio** appointments are also available any weekday evening. To book an appointment call free on **0300 123 7743** or speak to a member of the Patient Services Team.

Monday to Friday – 6.30pm to 9.30pm and Saturday and Sunday – 9am to 6pm

For more information please visit:

<https://www.westcheshireccg.nhs.uk/whatwedo/gpextendedhours/>

GP Assistants

Since October we have developed two new roles in the practice ~ GP Assistants.

GP Assistants (also known as Medical Assistants) support doctors in the smooth running of their surgery by handling the routine administration and some basic clinical duties enabling the GP to focus on the patient.

What do they do?

- Preparing patients prior to going to see the GP, taking a brief history and basic readings in readiness for the GP appointment. Although you may see the GP Assistant before seeing your GP you will always see your GP. This is not a system to prevent access to your GP but to enable the GP to spend more quality time with you as the patient rather than taking the basic history and checks.
- Dipping urine, taking blood pressures, ECGs and phlebotomy
- Arranging following up appointments
- Ensuring any vaccinations are up to date and any long-term condition management is completed



Please be assured that your GP Assistants are fully trained and signed off as competent by the GPs in completing their duties.

News from your Patient Participation Group

The PPG is a patient-led representative of the Practice. Its primary aim is to be the conduit between the patients of the Practice and the Partners and staff. The PPG will have a regular section in our newsletter to facilitate communication between the PPG and the patients.

Diabetes Awareness Evening, Monday 3rd April 2017 at Hope Farm Medical Centre

On Monday 3rd April the Patients Participation Group (PPG) held a well-attended Diabetes Awareness Evening at the Group Practice. Opening the meeting PPG Chairman Ken Salter welcomed everyone and explained that 90% of diabetes cases are Type 2, which, with early diagnosis, is largely preventable or manageable by making simple changes in everyday life. Local MP Justin Madders told the audience that in the past 18 months in his role of Shadow Health Minister he had seen the massive cost of diabetes on the NHS budget and the effects that it had on

patients and their families. He welcomed the PPG initiative in enhancing awareness of the problem and the support available in the constituency.

Jessica Graham gave an informative talk on the support available from **Diabetes UK**. They have a website which identifies the signs of diabetes and a risk scoring tool - www.diabetes.org.uk. The Chester group meet on the 2nd Tuesday of each month at 7.30pm at Chester University, Castle Drive, Chester, CH1 1SF. You can contact the group by calling 01244 675 688 or emailing chesterdiabetes@aol.com

Susan Gallagher, a nutritionist with **Diabetes Essentials**, spoke about the free group education sessions that her organisation provides, particularly in respect of healthy eating. Sessions are held at the Countess of Chester Hospital and the Cottage Hospital, Ellesmere Port, and they can be booked by contacting 01244 365234

Carol Boyle from the Cheshire and Warrington Carers Trust advised the audience of the support that can be given to carers of people suffering with conditions including diabetes. Staff at the group practice can provide further information, including contact details, on this service.

Bev Pentland represented the **Cheshire Change Hub** which is based at the Ellesmere Port Sport Village (EPSV) in Stanney Lane. They provide a GP Exercise on Referral Programme, which is free if eligible, and in addition people can self-refer if they want support to quit smoking or lose weight. If you are 75 or over they will provide free leisure membership to all Brio Leisure centres, which includes the EPSV. They can be contacted on 0300 777 0033 or hello@cheshirechangehub.org

In addition to the above voluntary organisations the audience also heard from a Hope Farm patient, Robert, on his lifelong struggle with weight and his diabetes, outlining the personal regime that he undertakes on a daily basis. A visiting practice nurse, Sara Finnegan, praised Robert's dedication because his story of locally available support and personal commitment delivers a message of hope, that the diabetes process can be slowed down and even turned around

Walking is a healthy activity which can benefit everyone. Locally there is a 1 hour walk each Tuesday in Rivacre Valley, starting at 10 am from the Rangers Hut. In May each year there is a West Cheshire Walking Festival – http://www.activecheshire.org/assets/page_files/3446_Walking_Festival_leaflet-v4-proof.pdf - the leaflet illustrates a number of walks in the West Cheshire area held throughout May this year, which are likely to be repeated in future years.



To book your place ring the practice on : 0151 357 3777



Alternatively, you can email us at hopefarm.medicalcentre@nhs.net

Patient Mental Health Awareness Event

Hosted at Hope Farm Medical Centre

Monday 20th November at 7:00 PM until 8:30PM

Discussion topics include:

- ❖ Common mental health problems and recognizing them
- ❖ Issues affecting mental health
- ❖ Self-Help
- ❖ Accessing help when you need it
- ❖ Useful leaflets and contacts
- ❖ Question and answer session with CWP mental health professionals



Cheshire and Wirral Partnership 
NHS Foundation Trust

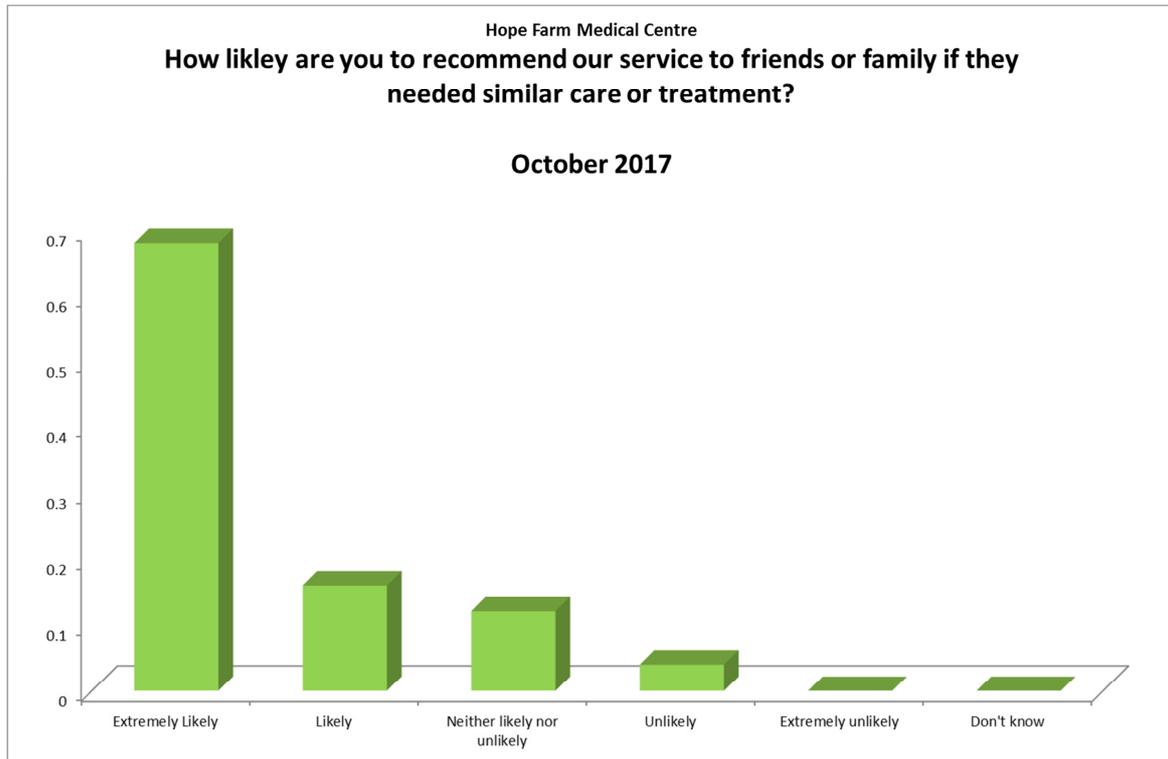
Friends and Family Test Results ~ Oct 2017

Extremely Likely 68%

Likely 16%

Neither Likely nor Unlikely: 12%

Unlikely: 4% **Extremely Unlikely: 0%** **Don't know: 0%**



Did You Know?



Care Hub

Connecting Patients with Care Providers in the Community

Did you know that there is a new directory of services that connects you to Care Providers in the Community?

Simply visit www.carehub.info and enter your postcode, and search your local providers via category selection for ease.

To unsubscribe from the newsletter please email hopefarm.medicalcentre@nhs.net with "unsubscribe" in the subject heading