



Hope Farm Medical Centre

Practice newsletter August 2019 edition

Issue 3

Newsletter Date: 27/08/2019

Sepsis awareness evening

Thursday 10th October 2019 at Hope Farm
Medical Centre - 7pm-7:45pm.

Sepsis is a common cause of death in the UK and is becoming increasingly common. Early detection greatly improves the outlook for the patient. Join us to learn; **who is at risk? How to recognise sepsis and what to do if you suspect Sepsis.**

An interactive presentation & discussion with Dr Julia Riley, GP and clinical lead for safety at West Cheshire CCG.

*Places are limited so please contact Calum at the Practice to book your place. This event is open to **patients across Ellesmere Port.***

To book please call - 0151 357 3777



We are excited to be hosting a Sepsis awareness evening on Thursday 10th October 2019, organised alongside our Patient Participation group. We will be welcoming Dr Julia Riley who will be able give an insightful view into

Sepsis. This event is open to patients registered at any Ellesmere Port practice. Book now to avoid disappointment, you can call the surgery or email calum.meakin@nhs.net.

Staff Changes

- ◆ We have recently welcomed Dr Samantha Simants, who joins us as a GP registrar and is available for patients to book in with.
- ◆ The patient services team has also welcomed Jen, Danielle, Yvonne and Nicky.

‘Friday welcome’ initiative launched by HFMC at Hope Farm Church.

Hope Farm Medical Centre is launching a new initiative known as the ‘Friday welcome’, which will take place Hope Farm Church, Hope Farm Road, CH66 2LF. The very first Friday welcome is on **Friday 6th September 2019 at 11:30am, finishing at 1:30pm.**

What is it?

We have taken inspiration from the hugely successful ‘Wednesday welcome’, based at Trinity Church in Ellesmere Port, running alongside the brilliant ‘Port Grocery’. We will be welcoming members of the public for FREE lunch, Tea, Coffee and Cake, this is not exclusive to our patients—all are welcome!

Why do we believe in this?

There are many benefits of this initiative, leading the fight against food waste is one. The food is kindly donated by organisations who are wanting to cut down on wasted food. It is still perfectly

fine to eat, which can be confirmed by staff who have sampled the food at Trinity Church. Secondly, it has the potential to reduce isolation and build a community spirit—you can meet new people or pop in for a cuppa with current friends. Thirdly, we aim to tackle food poverty in an inclusive manner, this is not a charity & can positively impact on all members of society. Furthermore, volunteering opportunities can help people back into work by allowing them to gain valuable experience.

What does this have to do with health and the NHS?

As a practice, we recognise that it can be hard to get an appointment with a GP, which is the case across the country. There needs to be a greater emphasis on prevention, particularly in the community. We want to provide wrap around services at the church, each Friday. This could include The Carers Trust

, wellbeing coordinators, debt advice etc. These wrap around services are able to give excellent advice and support to patients in the community. The Friday welcome will also be supported by Hope Farm Medical staff including the Patient Services Team, Nursing team and GPs—taking the medical centre into the community.

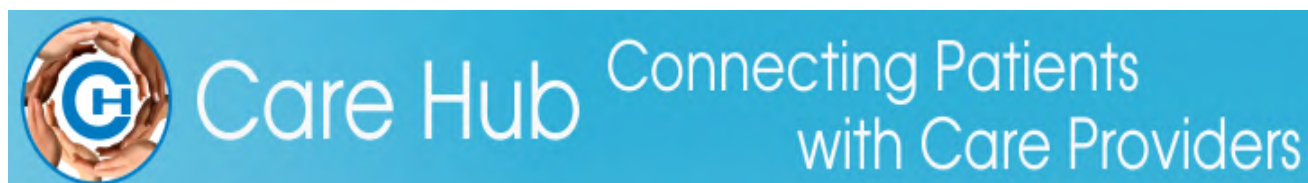
Do you feel like you have something to offer?

Good news! We are always looking for volunteers to help make a difference. Main duties include:

- Food preparation and serving,
- Training and supporting new volunteers.

- Ensure adherence with health and safety/ food hygiene procedures.
- Handling, portioning and re-packaging food items.
- Maintaining a high standard of cleanliness and presentation.

We greatly appreciate any amount of help you or somebody you know might be able to offer. Volunteers will need to complete a short application form, which can be collected from/returned to the practice. If you would like an electronic copy, or would like some more information—please email calum.meakin@NHS.net or contact the practice.



Some patients may already be aware of Care Hub and how useful it can be to patients of all ages. Care Hub is a website which connects patients with Care Providers in the community (<https://www.carehub.info/>), it can be accessed through our website.

How does it work?

You enter the first part of your post-code and select who your surgery is.

Once this has been done, select your age and the area you would like support with. For example, you can search for mental health support in your area or a useful website that is appropriate for your age/gender.

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@HopeFarmMC

Value of Vaccines

England is a world leader in childhood vaccination, however the children's vaccine uptake has been slowly decreasing since 2012-13 (nationally). We wish to highlight the importance and value of getting your child vaccinated.

- **Vaccines save lives** – After clean water, vaccination is the most effective public health intervention in the world.
- **Vaccines stop disease spreading**
- **Vaccines prevent 2-3 million deaths globally each year** – If global vaccination coverage

was to be improved, this could be increased by 1.5 million.

- **Vaccines are the only way to eradicate disease** – We have eradicated smallpox and are near to eradicating polio, both through using vaccines.
- **Vaccines protect you and those around you** – If enough people get vaccinated against a disease it makes it harder for the disease to spread. This protects people who can't get vaccinated, such as new born babies.
- **Vaccines protect your children** – Measles vaccination alone has prevented 20 million measles cases and 4,500 deaths in the UK.

