

PRACTICE NEWSLETTER

Bradford on Avon & Melksham Health Partnership

Newsletter | January, February & March 2014 | Edition 27



www.boamhp.co.uk

Spotlight on Stop Smoking Clinic

If you are thinking of giving up smoking we have Smoking Cessation Clinics held at St Margaret's and St Damian's Surgeries.

The clinics operate with one to one appointments with either Ruth Randall or Ruth Vine, our Smoking Cessation Advisers.

Clinics are held on Tuesday afternoons and Thursday mornings at St Margaret's Surgery and on Wednesday afternoons at St Damian's Surgery.

43 patients have successfully quit smoking on or after the 1st of April 2013 to date.

Our success rate is 57% which is better than the National average of 51%.

If you would like to stop smoking please contact our Appointments team who will be happy to make an appointment for you.



Bradford on Avon Leg Club

The surgery is pleased to announce the Leg Club opens on 6th February 2014 and will run every Thursday, 10.00-1.00pm at Wiltshire Heights Care Home off Berryfield Road, Cottle Avenue, Bradford on Avon, BA15 1TA

This Leg Club is for patients registered with Bradford on Avon, St Damian's and Winsley Health Centre, who have leg problems; assessments, treatments, dopplers, hosiery advice and health promotion will be provided free by healthcare professionals.

Drop in for treatment and advice (*appointments only required for new patients*)

Refreshments will be served at every Leg Club.

For more information please visit the website www.legclub.org or the Practice Website www.boamhp.co.uk

Staff News

We are pleased to welcome the following new members of staff to our nursing team; Steve Dunne-Howells will be joining the team as our new Healthcare Assistant and Dementia Nurse Lead, Sally Le Strange, Practice Nurse, with a special interest in leg ulcer treatment and Tina Symons, Emergency Nurse.

Dr Paul Thorne and Dr Elizabeth Greed (Foundation Year 2 doctors) joined the Practice on 4th December. Dr R Davies will be taking on Dr Van Lany's patients on Mondays, Thursdays and Fridays (Friday pm at Winsley).

Stop Norovirus Spreading This Winter

Norovirus, sometimes known as the 'winter vomiting bug', is the most common stomach bug in the UK, affecting people of all ages. It is highly contagious and is transmitted by contact with contaminated surfaces, an infected person, or consumption of contaminated food or water. The symptoms of norovirus are very distinctive – people often report a sudden onset of nausea followed by projectile vomiting and watery diarrhoea.

Good hand hygiene is important to stop the spread of the virus.

People are advised to:

Wash their hands thoroughly using soap and water after using the toilet, before preparing food and eating.

Not rely on alcohol gels as these do not kill the virus.

An infection with norovirus is self-limiting and most people will make a full recovery in 1-2 days. It is important to keep hydrated especially children and the elderly.

Do not visit either A&E or your GP surgery with symptoms as this may spread the virus. Please telephone the surgery to book a telephone consultation with a GP if required.

Thank You!

We would like to say a BIG thank you for all the generous gifts and Christmas cards received across the four surgery sites this year. The doctors and staff would like to wish all our patients a happy and healthy 2014.

JANUARY 2014

PPG News

The next PPG meeting will be held on Tuesday 18th March at 7.00pm at The Health Centre. All patients are welcome to attend.

Suggestion Boxes

The PPG is pleased to inform patients that there are now suggestion boxes at all four sites for patients to share their feedback, comments and ideas. These will be collected on a regular basis by a member of the PPG and soon patients will see a new poster next to the suggestion boxes with replies to any suggestions.

Bradford on Avon Seniors Forum (SCF)

The PPG have been working to form close links with the SCF. We are working with the RUH to improve services with patients.

The SCF would like to ask patients: Have you, or someone close to you, been in the RUH recently as an in-patient or an out-patient? Have you or someone close to you been receiving help from Social Services such as help to live at home? If so, please tell us about it.

We need information to help us campaign for better health and social services for everyone living in and around Bradford on Avon.

Please tell us about the good things and the bad things; the things that were there for you and the things that were not.

Please contact Michael Darlow (Co-ordinator, Seniors Forum Health & Social Care Focus Group) on 01225 862706 or via email at darlow.michael@gmail.com

NHS 111 Service

NHS 111 is a new service that's being introduced to make it easier for patients to access local NHS healthcare services. Patients can call 111 when medical help is needed fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Patients should use the NHS 111 service if medical help or advice is needed but it's not a life-threatening situation.

Call 111 if:

- You need medical help fast but it's not a 999 emergency.
- You think you need to go to A&E or need another NHS urgent care service.
- You don't know who to call or you don't have a GP to call or you need health information or reassurance about what to do next.
- For less urgent health needs, contact your GP or local pharmacist in the usual way.
- If a health professional has given you a specific phone number to call when you are concerned about your condition, continue to use that number.
- For immediate, life-threatening emergencies, continue to call 999.
- If you need medical assistance when the surgery is closed, please telephone 111.

For more information about 111 please visit:

www.nhsdirect.nhs.uk/About/111FAQs

Monthly Topics of Focus

The Practice has implemented a monthly "Topic of Focus".

Topic for January: The Leg Club

A coffee morning will be held on Thursday 16th January at Wiltshire Heights Care Home to raise awareness of this new service. All patients are welcome to attend. The Leg Club opens 6th February 2014.

Topic for February: Blood Pressure Readings

All patients over the age of 35 are being asked to check their blood pressure on the self test machine located at The Health Centre (the tear off slip can then be handed to the clinician you are seeing or handed to our Reception Desk). For patients of St Damian's and Winsley who are unable to use the self test, an appointment can be made with a Healthcare Assistant.

Flu Stocks

Flu stocks are running low!

If you are in any of the at risk categories and have not yet had your flu injection, please contact the Appointments desk to book an appointment 01225 865200.

Care Data Programme

The National Health Service collects information about how patients have been treated and what their outcomes have been. At the moment, this information is held separately across the NHS.

A modern information system has now been developed to link information from all the different places where you receive care. Throughout January 2014 you will receive a leaflet in the post explaining how this new system will work and the benefits it will bring.

The Practice has organised for a member of the Patient Participation Group to hold drop in sessions for any queries you may have. These will be held at The Bradford on Avon Health Centre from 9am-11am on the following dates: **30th January, 5th February and 6th March**