



ELMPP

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**East Leake Medical Patient Partnership
Newsletter Autumn 2017**



Rushcliffe

Clinical Commissioning Group

The Patients Participation Group (PPG) hope that you will find this newsletter helpful and informative. If you've picked one up whilst waiting for your appointment please take it home with you to look at again later.

ONE YOU through SELF CARE

The PPG continues to support the NHS initiative encouraging us to look after our own health by taking advantage of all the information and advice available and the free tests and investigations that are provided by NHS England. Some examples are breast and cervical screening, screening for aortic aneurysm, vaccination for children and flu jabs.

Visit the NHS Choices web site <https://www.nhs.uk/oneyou> for information and you'll find the really helpful apps on **One You** Easy meals, **One You** The Couch to5K, **One You** Active 10 Walking Tracker and you can complete the **One You** Quiz to get your own score & help you decide the best way for **You**.

On the same theme members of the PPG joined with Rushcliffe Clinical Commissioning group and had a stall at the East Leake Carnival. It was encouraging to see the interest shown by people enjoying the event. Free frisbies, water bottles and leaflets were handed out and questions answered on a range health matters. There is **only one you** so taking care of your health is important – both for you and those who care about you.

By taking care and keeping well you benefit yourself and the NHS. A well **You** enables NHS resources to be used where really necessary and to develop better systems of care.

Watch out for details of SELF CARE WEEK – NOVEMBER 13 -19th

BOOKS ON PRESCRIPTION: Your GP or other health practitioner may, as part of your treatment, recommend a self- help book. These books have been chosen to give you helpful information about your condition and provide useful techniques for managing common conditions such as depression and anxiety. Some books can also borrowed free from East Leake library. You must be a member of the library to borrow them but joining is easy – you will need a form of ID. Research has shown good evidence (National Institute for Health and Clinical Excellence) that self- help books can help people understand and manage their conditions better.



THE HEALTH HUB – A book stand - to the right of the main entrance - at East Leake library has a range of books to help you live healthily and manage long term conditions. The library staff are very helpful and will provide help if you need it. Your details both personal and of the books you may borrow, are confidential.

LOOK FOR the display during Self Care week. On certain days a health care practitioner and PPG members will also be available. West Bridgford and Bingham libraries will also have similar displays.

Our PPG will also be participating in Self Care Week and plan to be available at East Leake Health Centre on Monday 13th November 09.00 - 12.00 for you to pop in & chat & get information about health and local groups.

COMPUTERS!

POL - PATIENT ONLINE ACCESS : You can view some of your medical record (e.g. medication, allergies & test results) online. You can also order repeat prescriptions, book *and* **CANCEL** appointments (so no reason for appointments to be wasted!) This is a great advantage to you and the NHS. It is safe, secure, convenient and simple to use. East Leake Medical group has a good uptake by the community for this facility but more people could be using it – it puts you in control.

All patients are encouraged to use this service by registering with the practice. Bring some form of identification to reception where you can be registered straightaway or ask the doctor or nurse you are seeing.

The Practice website www.elmgroupsurgeries.com has details of the practice and its facilities, a link to online services is on the front page plus electronic copies of this and previous PPG newsletters can be seen online.

We recommend that you use the online services wherever possible.

Patient Group Information is on the website or look for our poster in the waiting room



HAVE YOU HAD AN INVITATION FOR A FLU JAB?

Flu is a common infectious viral illness spread by coughs and sneezes.

It can be very unpleasant, but people who are normally healthy will usually begin to feel better within about a week.

BUT - if you have another underlying condition the illness can be worse and may take longer to go. You can catch flu – short for influenza – all year round, but it's especially common in winter, which is why it's also known as "seasonal flu".

It's not the same as the common cold. Flu is caused by a different group of viruses and the symptoms tend to start more suddenly, be more severe and last longer.

Some of the main symptoms of flu include:

- * a high temperature (fever) of 38C (100.4F) or above
- * headache & general aches and pains
- * tiredness and weakness
- * a dry, chesty cough

Cold-like symptoms such as a blocked or runny nose, sneezing, and a sore throat, can also be caused by flu, but they tend to be less severe than the other symptoms you have.



Flu can make you feel so exhausted and unwell that you have to stay in bed and rest until you feel better.

Scientists in Australia are reporting one of their worst seasons on record so this year is expected to be particularly bad in the UK too. So if you can get a flu jab on the NHS it makes sense to come and get one.

NHS Choices has lots of information about the symptoms of flu, what to do if you think you have it and, if you develop complications, when to see your GP.

See NHS CHOICES website <https://www.nhs.uk/conditions/Flu/Pages/Introduction.aspx>

ANTIBIOTICS: It is still important to understand this message. Doctors will not prescribe antibiotics for the common cold. Overuse of antibiotics is leading to bacteria developing resistance to them which can be life threatening for patients with certain illnesses or conditions. So we need to keep antibiotics for the really serious bacterial medical conditions as normally your own immune system will deal with viruses like the common cold.



BUT if you are prescribed antibiotics – for a urine infection for example – it is important to take **all** the medication. Even if your symptoms have improved you must continue and finish the course that the doctor has prescribed. If you stop taking the medication infection can sometimes restart.

Practice information

Texting Service *Please make sure we have your up to date mobile phone number.*

Receive appointment confirmation and reminders by text to your mobile phone.

You can cancel your appointment by replying to your reminder too and leave Friends and Family feedback.

We may also use texts for health promotion campaigns.

When the surgery is closed—

If you need help or advice ring 111 the free NHS line. In a genuine emergency dial 999

Ordering prescriptions in time

If you are on regular medication please order any that you need AT LEAST 2 days before you run out. As long as you are up to date with your reviews we will make the prescription ready for collection in 48 hours (2 working days).

The pharmacy request that you allow a minimum of 3 days from ordering your prescription to collection from them. If you ask for something that you have had before but is not on your regular list, please allow an extra day or 2 for the surgery to check whether or not the doctor is happy to prescribe it for you.