



ELMPP

East Leake Medical Patient Partnership
Newsletter Winter 2017



Rushcliffe
Clinical Commissioning Group

Welcome to the newsletter produced by the East Leake Medical Patient Partnership.

SELF CARE WEEK

Members of the group spent a morning in the health centre giving out leaflets and information, chatting to patients and introducing our new Health Link worker Andy White.

There are still some really useful leaflets for you to pick up in the waiting area.

CONTINUING OUR THEME OF SELF CARE
how about getting some fresh air gardening?

East Leake Allotment Association

Dig For Your Health

Allotments have been shown to be good for our health in many ways... lots of fresh air, a physical work out, a chat to our neighbours, and the joy of producing and eating your own fresh fruit and veg. So why not come and join our *green gym*.

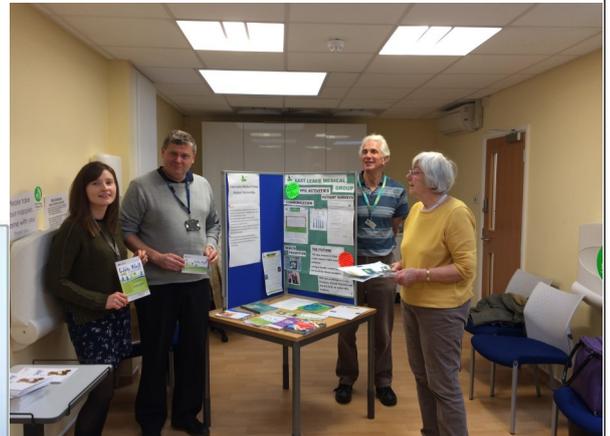
We have several plots available and now would be a good time to sign up for 2018 to help get rid of the Christmas 'excess'. Either come to our AGM on Thursday 25th January 2018 at 7pm in the Methodist Church Hall or visit our website.

Why not think about having an allotment?

East Leake Allotment Association (ELAA) is a friendly, community allotment association with 90 plots of various sizes located on West Leake Road. There is information about requesting a plot on our website: www.elaa.org.uk

www.elaa.org.uk

eastleakeallotments@gmail.com



Practice information—Online Services
Book/cancel appointments online, order repeat prescriptions, change phone numbers or view your record.
To register please bring some ID (e.g. driving licence, passport) to reception and we will register you straightaway
Or ask the GP or nurse to register you while you are with them.

PATIENTS NEED REST - NOT ANTIBIOTICS

More patients should be told to go home and rest rather than be given antibiotics

Public Health England (PHE) says up to a fifth of antibiotic prescriptions are unnecessary as many illnesses get better on their own.

Overusing the drugs is making infections harder to treat by creating drug-resistant superbugs.

PHE says patients have "a part to play" in stopping the rise of infections.

They are vital in cases of sepsis, pneumonia, bacterial meningitis and other severe infections.

But PHE says antibiotics are not essential for every illness.

Coughs or bronchitis can take up to three weeks to clear on their own

but antibiotics reduce that by only one to two days, it says.

Prof Paul Cosford, medical director at PHE, told the BBC:

"We don't often need antibiotics for common conditions. The majority of us will get infections from time to time and will recover because of our own immunity. Patients should not go to their doctor expecting an antibiotic".

Instead, for infections that our body can handle, the advice is to:

- * have plenty of rest
- * use pain relief such as paracetamol
- * drink plenty of fluids

A doctor will be able to tell you when an antibiotic is really necessary.

The fact is if you take an antibiotic when you don't need it

then you're more likely to have an infection that the antibiotics don't work for over the coming months.



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

NOTTINGHAM UNIVERSITY HOSPITALS (QMC & CITY) UPDATE

- * Car parking control is being managed very strictly at both sites and the parking notices issued are legally binding! So, if you need to attend QMC or the Treatment Centre consider using the tram network as there is now direct access into both QMC (B floor) and the Treatment Centre from the tram platforms.
- * A new initiative has been started that allows patients, their family or carers to nominate a Nurse / Midwife for a DAISY award, to recognise exceptional nursing care (<https://www.nuh.nhs.uk/daisy/>)
- * Peter Homa has now retired and his replacement as Chief Executive is Tracy Taylor.
- * Series 3 of BBC2's "Hospital" will be based on NUH and filming will take place across both sites from early January 2018 for about 7 weeks.
- * The planned Heli Pad at QMC has been put on hold so that the whole question of a potential new Trauma Centre to include a Heli Pad is investigated.
- * With the Flu and Norovirus season now on us please always follow the various infection control schemes in place at all health care premises.
- * NEMS (GP out of hours service) at QMC has been refurbished and the entrance is now via a new doorway next to the Emergency Department ambulance bay – not via fracture clinic.
- * A new End of Life support process is being implemented SWAN Scheme (Signs Words Actions Needs) which is a National Scheme.

ELM GROUP SURGERIES ARE CLOSED and you need medical advice or urgent medical attention**What do you do? Dial 111**

This is a free phone number and your call will be answered by highly trained staff who will advise you or put you in contact with a nurse or doctor as necessary.

Call 111 if

- * you need medical help fast but it's not a 999 emergency
- * you are not sure whether go to Accident & Emergency or another NHS urgent care service
- * you don't know who to call or you don't have a GP to call
- * you need health information or reassurance about what to do next.

Please only go to your nearest Accident & Emergency department or dial 999 if the illness or injury is life threatening or can't wait.

Dial 999 immediately if you or someone else is seriously ill for example if someone:

- * has had a major accident
- * has problems with breathing
- * has severe chest pains
- * is unconscious
- * has lost a lot of blood.

**Christmas Closing**

Our surgeries will be closed Monday 25th & Tuesday 26th December and Monday 1st January (plus the 2 weekends)

On other days we will be open for our normal hours. For details please go to our website www.elmgroupsurgeries.com

Please make sure you put in any prescription requests in good time - by 18th December at the latest to give the GPs and the pharmacy time to process them
Then relax and enjoy yourself!

Primary Medical Services will be provided for Rushcliffe patients by Partners Health on Saturday 23rd, Sunday 24th, Tuesday 26th, Saturday 30th & Sunday 31st December between 08.30—12.30 at Castle Healthcare Practice, Wilford Lane, West Bridgford

If you need assistance when we are closed see the section above about NHS 111.

The staff and patient group at East Leake Medical Group wish you a Very Happy Christmas and a Happy and Healthy New Year.

