

PERRANPORTH SURGERY NEWSLETTER

Issue #3
Spring 2016

PATIENT PARTICIPATION GROUP

Thanks to our Patient Participation Group with their help in preparing our newsletter.

David Morgan has been Chair of the Group since it commenced in 2012. He has now decided to step down from the position and Paul Smith has taken over. We would like to thank David for his commitment and hard work in taking ideas forward, and for his passionate support. We have greatly valued David's involvement, enthusiasm and energy in making our PPG a success.

STAFFING NEWS



Dr Charles Sidebotham will be retiring from the practice in July this year. He reduced his sessions from full time to half time a year ago, and has now decided to retire fully from the team. Charles joined the partnership back in 1998 and has had a long and happy relationship with the practice team, he will be greatly missed by everyone.

We are now in the process of recruiting a new doctor to join the surgery, and will keep you all fully informed of developments

CONSULT YOUR DOCTOR ONLINE – E CONSULT

Visit the surgery website to get treatment and feedback from your own GP

How does it work?

1. Visit the surgery website and click on "Consult Online"
2. Find your health condition and fill out a simple online questionnaire
3. Your GP will get back to you with feedback and treatment options



PATIENT SURVEY

Look out in the waiting room soon for the patient survey, which we run annually. This is your opportunity to give us feedback on our services, and to put suggestions and ideas to us for improvement or new services. There will also be a link on our website.

MEDICATION REVIEWS

Why do we do Medication reviews?

It is important to review medication regularly to make sure it is appropriate for you. Each individual varies biologically which means different medications suit different people better. By having medication reviews we can help make sure you are benefiting well from your medicine.

How do we organise the medication reviews?

Within our database we safely and securely record all of our patients information allowing us to understand all we can to make sure we can make you feel in tip-top shape. On a patient's computer record there is a repeat prescription document containing a review date. When this date expires you will be invited for a medication review by either telephone, letter or text. It is important you pay attention to such notices so we can make sure your medication prescriptions can continue.

What happens at a medication review?

We confirm which medicines you are taking on a regular or as required basis.

We make sure you understand why you have been given that medicine and know how to take it or use devices such as inhalers.

You may be asked about any herbal remedies or supplements you take as they can interfere with your prescribed medications.

Practical aspects of ordering and obtaining supplies can also be discussed.

We offer medication support where necessary such as reminder charts or "dosette" boxes or other appliances.

We answer your questions about the medicines you take.

We update the review date for an appropriate time period.

We invite you to attend any blood tests or blood pressure check-ups as appropriate.



MEDICATION WASTE

There has been a lot of information in the press recently regarding medication wastage and the cost implications to the NHS. The KCCG (Kernow Clinical Commissioning Group) asks that you only order the medication you need. We would like to remind you that if you don't order an item one month this does not mean we will not allow you to have the item at another time.



BANK HOLIDAYS



Bank holidays are fast approaching (Easter and May). Please could you bare this in mind when ordering your medication? The Dispensary team are trying to process 5 days' worth of requests into 4 days. We would be grateful if you could allow at least the minimum of 2 full working days or longer for us to process your medication request.

Thank you.

HEALTH AND SOCIAL CARE INTEGRATION

Cornwall Council and NHS Kernow are working with the key health care providers to bring all the organisations responsible for health and social care services in Cornwall and the Isles of Scilly closer together. Work is currently underway on developing a plan for the whole health and social care system which is both clinically and financially sustainable. It is being co-produced by the two Councils and health partners, and will also consider public health services and the impact of housing, education and employment on the overall health and wellbeing of people in Cornwall and the Isles of Scilly.



With the Council and health partners facing the challenges of reducing budgets at the same time as increased demand for services as people live longer with more complex conditions, the Plan has the triple aim of improving health and wellbeing, improving people's experience of care and reducing the cost of long term care. Health partners and Cornwall Council are continuing to work together to develop ambitious plans for the devolution of health and social care in Cornwall to help integrate services more quickly. Devolution of health and social care could enable more resources to focus directly on local patient care and outcomes, with more decision-making, budgets and accountability at a local level.

A series of events are being held in February and March to seek the views of key partners and people in local communities to build the case for change. These include a survey asking people which services are important to them, followed by a series of provider and community events across both Cornwall and Scilly. The feedback from the survey and events will then be used to help prioritise options selected for the final Plan to be submitted to the Department of Health later in the year. These events will build on information gathered through ongoing engagement with frontline staff delivering services and people using services.



Public survey – have your say

A public survey launched on 25 January asking people about their priorities for health and social care in Cornwall and ways they believe potential savings could be made to help health and social care budgets go further. The survey is available online at www.cornwall.gov.uk/shapethefuture and paper copies are available in Cornwall Council Libraries, One Stop Shops, GP's surgeries, and NHS hospital waiting rooms. The survey will now be open until 25 March to accommodate anyone attending one of the public sessions and responses will be used to help prioritise options.

PENTA HEALTH

Penta Health and Wellbeing (previously West Cornwall Mind) is a countywide charity providing a weekly Social Support Group at Perranporth Memorial Hall, Wheal Leisure



The support groups run on Wednesday mornings, they are delivered by a member of staff and volunteers, offering a safe and welcome environment, encouraging individuals to engage and socialise in an informal setting. Individuals will be encouraged to achieve personal and social goals to increase their resilience to maintain positive outcomes and overall wellbeing.

Please visit the website www.pentahealthandwellbeing.com for more information.

CONTACT DETAILS



Please don't forget to inform us of mobile telephone number changes. We are communicating more and more with patients by text these days and it is important that the information we hold for you is accurate.

DONATIONS

We were delighted to receive a Doplar Machine very kindly donated by Perranzabuloe Parish Council. The machine is used in the treatment of leg ulcers and other blood circulation problems. Its use will result in much shorter treatment sessions at the surgery and a dramatic improvement in the treatment of these specific conditions.



The Doplar machine was presented to Dr Peter Merrin and Dawn Fuell, Practice Nurse by Francis White, the Chair of Perranzabuloe Parish Council. Also present were David Morgan, the retiring Chair of Perranporth Patient Participation Group (PPG) and the new Chair, Paul Smith.



We have received donations from:

Perranporth Football Club

Jaci Robinson

Perranporth Gardens Charities

Goonhavern Primary School

With the donations we have received we will be purchasing a second electrocardiograph machine which can be used in the surgery and in the community for housebound patients.

Thank you to all of you for enabling us to purchase this essential piece of medical equipment.

SPECTACLE RECYCLING UPDATE



Firstly, on behalf of Truro Lions Club, a big thank you for the collection at Perranporth Surgery waiting room of used spectacles which numbered over 200 pairs since the collection was introduced as rule of thumb it is calculated that each pair is worth in the region of £30 so it is a very commendable contribution to this project.

Perhaps this is a good time to update everyone on the Lions Project with its background and current outturn.

This community programme started in a small way in 1967 by Chichester Lions Club but really took off in 1980 when it was decided to make it a "British" Lions project when Lions answered the call from the **Missionary Optical Society's** National Appeal for use in their clinics in Kenya and India. This realised initially 700 pairs but grew to over 50,000 over the four years. Numbers exceeded their requirements so a new partner was forged in 1985 with **Medico France**, since when another partnership grew with **Vision Aid Overseas**.

Today, collections from all over the UK, with kind support of Parcelforce who deliver for free, are channelled through Chichester Lions who have a large warehouse, rent free, where they are despatched to France. Last year over 250,000 were handled, sorted and boxed prior to shipping to Medico France who have expertise in sorting and regrading although some are already cleaned and sorted in this country. The Lions have formed an alliance with the **Inside Out Trust** who help prisoners/ young offenders with meaningful work and projects in Durham and Portland prisons, where regrading equipment has been provided, has been very successful.

Most of the recipients are based in the poorer parts of Africa and India, but other countries include Sri Lanka, Jamaica, Papua New Guinea, Nepal, Bolivia and Brazil so it is a really international project which improves the lives of thousands each year. Last year Truro Club collected over 750 pairs from receptacles mainly in health centres and doctor's surgeries and is always on the lookout for additional sites.