

Welcome to our first Newsletter

The Newsletter is from Richmond Medical Centre PPG. It is for all patients, hoping to encourage more members. We hope to bring you items of interest from the Practice and other healthcare sources. We also value your feedback on anything included in the issue or something that you would like included in the future.

What is the PPG?

We aim to create communication between the practice and its patients. This is achieved by providing a forum for discussion in areas such as Health Promotion and Education, Improvement of Service and other subjects.

Many local surgeries have PPG's which have brought very real benefits to both patients and carers.

Please support your group and let us have your ideas or suggestions and contribute to our group.

The PPG is open to any registered patient at Richmond Medical Centre. If you want to join or receive regular information about healthcare matters you only need give your email address to reception or contact us direct on ppg.richmondmc@gmail.com and we will contact you

We may also wish to contact you to get your views from time to time.

Clinical Commissioning Group (CCG)

Currently we, as every practice in Solihull are part of the Solihull Clinical Commissioning Group (CCG), which is authorised to lead the commissioning (buying and monitoring) of high quality healthcare services for the people of Solihull.

Plans are currently being made to combine Solihull CCG with two CCG's in Birmingham to form one large CCG for the area. It is too early to know how this will impact upon us.

WATCH THIS SPACE

Solihull GP Alliance.

This year the CCG have introduced, as part of the GP Forward View transformation funding, the requirement for practices to 'work at scale'.

This means that GP's have to provide care for a minimum of 40,000 patients to bid for funding. With our patients totalling around 6,000 we could obviously not achieve this number on our own.

Therefore we have joined an alliance with eleven other practices within the south of the borough.

It is important to understand that this will not directly affect you or your contact with the practice.

GP APPOINTMENT? CAN'T MAKE IT? DON'T NEED IT?



Did Not Attend (DNA)

Did you know that by not turning up for your booked appointment, you deny a fellow patient a visit to see a doctor or nurse.

If you change your mind or don't need the appointment, please contact reception and let them know, even if it's short notice, then someone else can take your place and not leave the slot empty.

Thank You

**Appointments missed so far this year
up till 1st June 704**

Keeping ourselves fit and healthy



Low-impact exercises can improve your health and fitness without harming your joints.

Research suggests that moderate, low-impact activity, such as yoga and fast walking, is just as effective as high-impact activity, such as running, in lowering the risk of heart disease.

Walking is by far the most popular low-impact exercise. It works the cardiovascular system and burns calories. To get your heart rate up, walk faster than a stroll. Picking up the pace can increase the intensity of your workouts. Add short bursts of speed or walk up an occasional steep hill.

Look up 'Walking to improve your health' and 'Dancing for fitness' on the NHS Choices website www.nhs.uk.

As well as these, the site has a wealth of exercises, videos and advice for all ages for keeping fit and healthy. Check out this web site at home or at the library and find out what to do and how to do it safely!!!

PPG meeting dates

**Thursday 20th July 11.30am
Thursday 21st September 11.30am
Thursday 16 November 11.30am**



New App available now in West Midlands

ASK NHS

'Ask NHS' provides you with improved access to NHS 111 and your local NHS services. You can talk through your symptoms in complete confidence with Nurse Olivia, a virtual nurse. If needed, Olivia will arrange for a call back from a 111 Nurse to discuss your symptoms further. You can also search NHS approved healthcare advice, schedule GP appointments and search opening times/locations of local healthcare services.

Easy access to NHS 111 services



'Ask NHS' works with your own GP practice and has the functionality to book available GP appointments for you. The app is available to ALL GP registered patients over 18 in the West Midlands.

Please note for immediate life-threatening emergencies call 999.

HOW CAN NURSE OLIVIA HELP YOU TODAY?

SYMPTOM CHECKER - GET IMMEDIATE ANSWERS

Looking for trusted advice for an urgent but non-life threatening emergency? Nurse Olivia asks questions about your symptoms and advises whether you need a callback from an NHS clinician.

APPOINTMENT BOOKING

Sometimes finding available times with your GP can be difficult and time-consuming. With 'Ask NHS', you can cancel or search through open appointments with your own GP practice directly from the mobile app.

SELF-CARE POWERED BY NHS CHOICES

Easily search through trusted NHS Choices healthcare advice and resources to gain a deeper understanding of conditions and treatments.



Travel Vaccinations

Overseas travel, please make an appointment with the Practice Nurse approximately 6 weeks before your travel date. You will be required to fill out a holiday form before your appointment with the Nurse so that she can review the current guidance for the country/countries you are visiting.

Please note we are also a registered Yellow Fever Centre.



Follow us on Twitter @NHS_Richmond

Electronic Prescriptions

The Electronic Prescription Service (EPS) is an NHS service. It gives you the chance to change how your GP sends your prescription to the place you choose to get your medicines or appliances from.

What does this mean for you?

You can request a prescription from the practice website. You will not, have to visit your GP practice to pick up your paper prescription. Instead, your GP will send it electronically to the place you choose, saving you time. You will have more choice about where to get your medicines from because they can be collected from a pharmacy near to where you live, work or shop. You may not have to wait as long at the pharmacy as there will be time for your repeat prescriptions to be ready before you arrive.

Can I change my nomination or cancel it and get a paper prescription?

Yes you can. If you don't want your prescription to be sent electronically tell your GP. If you want to change or cancel your nomination speak to any pharmacist or dispensing appliance contractor that offers EPS, or your GP practice. Tell them before your next prescription is due or your prescription may be sent to the wrong place.

Is EPS reliable, secure and confidential?

Yes. Your electronic prescription will be seen by the same people in GP practices, pharmacies and NHS prescription payment and fraud agencies that see your paper prescription now. Sometimes dispensers may see that you have nominated another dispenser. For example, if you forget who you have nominated and ask them to check or, if you have nominated more than one dispenser. Dispensers will also see all the items on your reorder slip if you are on repeat prescriptions.

FACT VS. FICTION

You may have read this in THE SUN recently

"That RED WINE is good for your health. "

The Facts:

The only testing was carried out on mice and the study was carried out in the United States of America.

Just goes to show that you can't believe everything you read in the paper!

"Cheers"...



Richmond Medical Centre CQC overall rating

Good

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