

BURWELL SURGERY PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER

Welcome to our **FIRST**  newsletter, jointly produced with Burwell Surgery. The PPG and members of Burwell Surgery meet every quarter... So... what did we talk about at February's meeting?

NEWS FROM BURWELL SURGERY...

Dr Dylan Golach (GP Registrar) left the Surgery in January. Dr Estee Lau has now joined the GP team for a period of six months. A **GP Registrar** is a qualified doctor who is training to become a **GP** through a period of working and training in a practice. They will usually have spent at least two years working in a hospital before you see them in a practice and are closely supervised by a senior **GP** or trainer.

BREXIT... DON'T PANIC, DON'T STOCKPILE

We have been reassured by the Department of Health and Social Care (DHSC) that they are stockpiling for us... this means, above the usual 6-week stock levels wholesalers keep, they are topping up with at least another 6 weeks. The most a Pharmacy can hold at any one time is 6 weeks. Did I hear you ask 'what about shortages?' Shortages are not new. We're just more aware of them at the moment. We do have a choice where we collect our medications – if your usual chemist doesn't have stock, you can go elsewhere.

DEMENTIA FRIENDLY SURGERY

Burwell Surgery is now a Dementia Friendly Surgery. The training was provided by the Alzheimer's Society (AS) in January – Burwell Surgery will be making, in the first instance small changes that can have a major impact on improving accessibility for people with dementia. Look out for changes when you next visit the Surgery. If you have any recommendations, please share them – contact Reception to ask to speak to Elaine Ellis. Did you know, Burwell Surgery support the Burwell Carers? If you care for someone perhaps for just one hour a week or on a regular, unpaid basis please let Reception know. Elaine Ellis is the named carer link for the Surgery.

HELP US TO HELP YOU...

MISSED APPOINTMENTS: Please remember to cancel your appointment if you're not able to attend. If you booked it online, you can cancel it online. **Why not sign up for Online Access while you're here?** Want to see a GP for something routine and struggle getting time of work or an appointment? Ask the Receptionist about the The CambsGP Network Extended Access Service. Our nearest 'hub' is St Mary's, Ely, Cambridge. Appointments are available Monday, Thursday and a Saturday. These ROUTINE appointments are pre-bookable via Burwell Surgery to see with a GP, Nurse or Healthcare Assistant. The service has seen over 10,000 patients since it started in October. Find out more: www.openlater.co.uk

PHARMACY NEWS...

LLOYDS PHARMACY As mentioned in the PPGs recent article in Clunch, we have met with senior members from Lloyds Pharmacy to discuss the ongoing concerns raised by the community regarding the level of service. Representatives from Lloyds have agreed to attend future PPG meetings when requested.

COMMUNITY DEFIBRILLATOR

Last year the Burwell Belles WI had a successful auction to raise funds for two new community defibrillators...the first one has been installed at The Mandeville Hall, Burwell. A second defibrillator will be purchased and installed late spring. Remember, there is also one at the Jubilee Reading Room, the Causeway, Burwell.

FACEBOOK

Burwell Surgery now has its own FACEBOOK page, if you have a FACEBOOK page, please like them!

TIPS ON HOW TO EAT WELL AND KEEP HEALTHY

Eat Well...Healthy Weight...Exercise Advice, tips and tools to help you make the best choices about your health and wellbeing are available. The NHS Live Well campaign gives you 9 tips on how to stay well: www.nhs.uk/live-well/ Burwell Surgery is a **PARKRUN** Surgery – www.parkrun.org.uk It's fun for all the family – and you don't have to run, jogging, walking is allowed! Why not register with your local PARKRUN (Milton Road, Bury St Edmunds) www.parkrun.org.uk . In the Heart of the Village you can join a free **Heartbeat Healthy Walks** every Thursday at 10.00 am, meet at the War Memorial near the Post Office. A qualified volunteer leads the walk which lasts about an hour.

Everyone Health is commissioned by Cambridgeshire County Council to provide **FREE** health services in and around the county. Services they offer:

CamQuit - Stop Smoking Service -12 sessions fortnightly of 1:1 support.

Adult Weight Management Programme & Child Weight Management Programme – 12 week programmes of Nutrition Guidance & Group Physical Activity sessions. (Parents would need to attend with the children for the CWM Programme).

Health Trainers – They help with motivational lifestyle changes focusing on Nutrition and Physical activity in either group sessions or 1:1. These are 6 sessions within a 12 month period.

NHS health checks – For people aged between 40 & 74 who have not had a Health Check in the last 5 years & do not have a Heart condition or Diabetes. These checks include checking Weight, Height, Blood Pressure, Cholesterol & Glucose levels.

Falls Prevention – For over 65's who may have had a fall, whether using walking aids or walking independently. You must be able to stand up from a chair independently with or without aids.

Ask your GP, Nurse for more information or ask at Reception.

Our next Newsletter will be issued after our May meeting. If you would like to be part of the group, would like more information, or if you know of anyone that might be interested please contact Elaine Ellis on: 01638 741234 or email: admin.burwellsurgery@nhs.net or visit our website: www.theburwellsurgery.co.uk to complete an application form.