

Patients matter April 2014

Welcome to the latest edition of Cannington Health Centre's patient newsletter

Need a copy in bigger print? Ask at reception

Dr John Ogle retires

Dr John Ogle is retiring from General Practice on 30 April 2014 after 40 years' service to the NHS and nearly 17 years caring for the patients of this practice. John was always interested in his patients as people, not just as patients and many of you may like to wish him well before he leaves. The practice is holding a farewell gathering for patients on Wednesday 16 April, 7.30 - 9.00 pm at the health centre. Do come along and share some reminiscences with him.

Many of you will be wondering who will be replacing Dr Ogle. GP recruitment is a national problem at the moment. The practice advertised nationally last year but there were no suitable applicants - in fact there was only one application. We are working on several options at the moment but for a period we will have to rely on trusted locums. Until we are in a position to transfer Dr Ogle's patients to another GP we suggest that you choose which GP you wish to see.

New Bridgwater Hospital

There is an open day for the public to look round the new hospital on Saturday 5 April, between 10am & 3pm (last tour starts 2.30 TA6 4GU)

The new hospital is located off the Bath Road, just before the motorway bridge, on the edge of the Bower estate. There should be plenty of parking. The hospital will be opening on 28 April and will be fully open from 30 April 2014 so if you have an outpatient appointment in Bridgwater after 28 April, it will almost certainly be at the new hospital. We're aware that not everyone has been notified of this. If you are in any doubt, ring the hospital.

Hearing aid batteries

We are hoping to have a supply available at the health centre to save patients having to go out to the new hospital to collect hearing aid batteries. We'll put some publicity up once we know the details.

Care.data update

Requirement for GP surgeries to upload patient data

Last month the government announced the postponement of the programme from April 2014 to the autumn to give more time for a public awareness campaign. The health statistics the programme could collect would be a unique resource for researchers and planners and the intentions of the programme are worthy but there is no doubt that publicity so far has done little to allay public fears for the security of our data.

There is more information on the NHS England website

www.england.nhs.uk/ourwork/tsd/care-data/

If having considered the information, you decide to opt out of the scheme, ask at reception for the Care.data opt out form.

Patient group

Membership of the online patient group now exceeds the revised target of 150. Several online group members attended the main PPG meeting earlier this month and one of them, Val Bannister, has written a brief account for us.

I got an invitation so I went along out of curiosity. Low on expectation, I was pleasantly surprised. Ten of us, in a pleasant room - except for a squeaky door - with coffee/tea and biscuit. Friendly, not formal, but business like. Useful topics for discussion including the results of the recent patient survey and an impression that where needed further consideration and action by the group or the practice will follow. Why don't you come to the next meeting? You could be pleasantly surprised too.

The next patient participation group meeting is **Wednesday 21 May, 5.00pm** at the health centre. Please let the health centre know if you are planning to come so we can be sure of enough chairs (and biscuits).

If you'd like to join our online patient group, there's a link on the website or you can pick up a form at the practice.

www.cannington.gpsurgery.net

The patient group has been closely involved in running a patient survey exploring various aspects of patient information - what you like to get, how you prefer to get your information and whether you get enough of it. The results and action plan are on the practice website and noticeboards or you can pick up a copy at the practice.

Want to lose some weight?

Bridgwater Bay Health Federation have FREE weight loss clinics to help you. They're on a one to one basis, no group sessions and no fees. All that's asked is you attend to be weighed on a weekly basis and continue to lose weight. The clinics are held at East Quay Medical Centre on a Monday morning/Tuesday late afternoon and Taunton Road Medical Centre on a Tuesday morning. Interested? Then call Sue on 1278 440 406 (Mon-Fri, 9-4) to make your first appointment.

Caring for elderly parents?

A patient came across this website

www.myageingparent.com

It does include some commercial advertising but she certainly found it full of practical advice for all sorts of situations.

Lions Message in a bottle

The Lions Message in a Bottle scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location - the Fridge. Whilst it is focused on the more vulnerable people in our community, anyone can have an accident at home, so this scheme can benefit anyone, including you. We have a supply of the 'bottles' at the health centre. Ask at reception if you would like one.

GP registrar

We currently have Dr Will Kenyon, a GP registrar, with us for six months. Will is a qualified doctor who is training to be a GP. GP trainees spend three years acquiring the skills and knowledge to qualify as a GP. During those three years they have two GP practice placements with accredited training practices, one for 6 months near the beginning and the other for 12 months at the end with a different practice. The rest of the time they do relevant hospital rotations. When Will leaves us in August, Dr Katie Allen will join the team and she will be with us for a full year before qualifying as a GP in August 2015.

Registrars are full time and may have more availability than other GPs. They have full support from other doctors if there is anything they are uncertain about. Often they have longer appointments so have more time to spend with patients. Patients have always thought very highly of our registrars so don't be reluctant to see one.

Do you drive to the health centre?

We have previously asked drivers to take care when leaving the car park as cars parked on the lane have been damaged.

In one week alone, two cars were damaged in our car park. The culprits did not have the decency to stop and report the incident at reception even though they must have sustained damage to their own vehicles - one had lost the headlight glass.

The health centre accepts no liability for damage incurred in our car park but we do expect users to drive carefully and behave responsibly if an accident does occur. If you happen to witness an accident, please help us by taking the registration details and reporting it to reception.

Safe driving for the over 60s

Route 60+

A patient group member writes about a scheme that might interest people.

Yes I know, we've been driving for years and not lost licences, but bad habits can creep in. A free, drop-in, non-test driving check is available, with all sorts of useful information, tea and biscuits and a free hi-viz jacket!

But the best thing is the option to sign up for a free, hour long drive with a police driving instructor who will gently point out things that 'could be improved' and give reassurance that we are still 'with it'.

The next local session is Tuesday 10 June between 10 am and 1pm at the Red Cross Centre in Salmon Parade, Bridgwater, TA6 5JT. Do go along - I found it reassuring and fun.

Their website is

<http://www.somersetroadsafety.org/page/route-60-/92/>

Trusted websites

There is so much information available on the web that it can be hard to know what is a reliable source. We would recommend the following sites:

www.nhs.uk

www.patient.co.uk