



Healthy Times

Newsletter for the White Horse
Medical Practice
Autumn 2013

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Welcome to the first White Horse Medical Practice Patient Participation Group Newsletter.

The Practice partners are very pleased that the PPG has been formed and that we have a small but very willing group of patients who are interested in being involved in sharing their views on the services provided at the Practice and how those services might be improved.

As the Practice now has over 10,000 registered patients we would like to see the group grow.

If you are interested in being involved please contact one of the PPG members whose contact details are included later in the newsletter.

We hope that you will find the content of this newsletter of interest to you and your family. The next edition will come out in Spring 2014 and we very much welcome any ideas that you might have about the content of future newsletters.

Dr Gavin Bartholomew; Dr Anna Douglas; Dr Simon Cartwright

White Horse Medical Practice Patient Participation group (WHMPppg) has been established to:

- seek feedback from patients about health and social care services, in order to influence the White Horse Medical Practice.
- provide information about health services to patients.

The Core PPG will meet 3 times a year. In addition there will be an Annual Open Meeting for any patient or carer to attend, where matters relating to the Practice will be discussed.

If you would like to be kept informed of these meetings and/or to raise issues or make suggestions about the Practice, please contact a member of the Group, or complete a contact form on www.whitehorsepracticeppg.org.uk

Health Summit
A meeting for White Horse Medical
Practice patients and carers

13th November 18.30 - 20.00
Roman Catholic Church Hall

Dr Gavin Bartholomew will tell us what is happening under the new health organisation.

White Horse Medical Practice will ask for your views on their services. The information will be used to improve services from the Practice.

Routine childhood immunisation programme

From NHS immunisation information leaflet

At what age to immunise	Diseases protected against
Two months old	Diphtheria, Tetanus, Pertussis (whooping cough), Polio, Haemophilus influenza type b(Hib), Rotavirus (oral), Pneumococcal disease
Three months old	Diphtheria, Tetanus, Pertussis, Polio and Hib. Meningococcal group C (MenC), Rotavirus (oral)
Four months old	Diphtheria, Tetanus, Pertussis, Polio and Hib, Pneumococcal disease
Between 12 and 13 months	Hib/MenC, Pneumococcal disease, Measles, Mumps and Rubella
Three years and 4 months or soon after.	Diphtheria, Tetanus, Pertussis, Polio, Measles, Mumps and Rubella
Girls aged 12 to 13 years	Cervical cancer caused by human Papillomavirus types 16 and 18
Around 14 years	Tetanus, Diphtheria, Polio, MenC

Annual Flu Injections. Autumn 2013

If you are over 65 or you have children of 2 or 3 years old (under 4 on 1/09/ 2013) please make an appointment for a flu jab.

It is also very important that anyone under 65 but in the *at risk* group should have a flu jab. ie.

- Heart, liver, kidney disease
- Neurological, respiratory disease or asthma
- those immuno suppressed
- pregnant women
- carer for elderly or disabled

There needs to be a critical mass having the flu jab to prevent the spread of the illness and protect those with underlying illnesses.

Shingles Vaccinations are available for those who are 70 or 79 on 1/9/2013. If you wish to have this at the same time as your flu injection please ensure your appointment is with a practice nurse.

Online appointments and Repeat prescriptions

Patients and carers who are interested in using the service need to register with us. You will need to fill in an application form and bring this and photographic ID into the Medical Centre so that we can verify your identity. Please ask for an application form at reception or download it from www.whmp.co.uk

Appointment cancellation by text

Please text us on 07551 464407

We will need:

- your name and date of birth
- the date and time of your appointment
- who it is with

Or phone 01367 242388. We can then offer your appointment to someone else. *Thankyou*

Missed appointments in June 2013

- 80 nurse and phlebotomist
- 55 GP

This represents 30 hours of unused appointment time. Waiting times for those seeking appointments is increased.

Going to the best place

The White Horse Medical Practice have been looking in detail at the referrals and admissions of our own patients. The data reveals that an abnormally high number of our patients attend the A & E departments in both Swindon and Oxford both during surgery hours as well as when the surgery is closed. We are preparing to do an audit on these patients to see why this is and what we can do to help.

Choose Well - from NHS Choices www.nhs.uk

For minor ailments, mild sprains and grazes Have a first aid kit. Seek advice from a pharmacist

Feeling ill, feverish children, rashes
Persistent symptoms GP Surgery. If closed choose either :
Out of Hours Service 0845 345 8995
or NHS 111 for advice

For minor injuries, minor burns and scalds,
Eye injuries, broken bones, severe sprains,
Minor head injuries NHS MIU (Minor Injuries Unit)
Open 7 days a week. No appointment needed.
10.00-23.00

Abingdon MIU, Marcham Rd. Ox14 1AG
01865 425161

Witney MIU, Welch Way. OX28 6JJ
01608 648262

For Life threatening conditions
Choose 999 or A&E • John Radcliffe, Headington, Oxford. OX3 9DU
• Great Western, Swindon, SN3 6BB

Helping Others

Organ Donation Register

Only 31% of us have joined. More than 10,000 people in the U.K. need a transplant

How to register:

- Call NHS Donor Line on 0300 123 23
- By texting SAVE to 62323
- Online: <http://www.organdonation.nhs.uk/>

Or when applying for:

- a driving licence, European Health Insurance card, Boots Advantage card
- or registering with a GP

Blood Donation

<http://www.blood.co.uk/>

Call 0300 123 23 23 to find out when and where you can donate Blood.

There are four or five sessions a year in the Corn Exchange, Faringdon

Preventing illness

Health Checks

The surgery offers free NHS health checks. This is a national scheme to help prevent the onset of strokes, heart and kidney disease and diabetes.

Everyone aged between 40 and 74 who has not already been diagnosed with these conditions will be invited for a check once every 5 years.

The check takes only 20 - 30 mins. We have started writing to patients inviting them to attend. Please make an appointment for your health check when you receive the invitation.

AAA screening

An Abdominal aortic aneurysm(AAA) is a weakening and expansion of the aorta, the main blood vessel in the body. Approx 6,000 people in England and Wales die from a ruptured aorta.

Men aged 65 and over can make an appointment for AAA screening by calling 01865 572636 (have your NHS number ready) for an appointment at our surgery. This is held once a month.

Screening involves an ultrasound and takes around 10 mins

There are four possible results:

- Normal - men with this result are discharged
- Small AAA - they are invited back for regular scans
- Medium AAA - they are invited back for regular scans
- Large AAA - they are referred to a consultant surgeon

Other health checks - contact the surgery (01367 242388) to find out more.

- Diabetic eye screening clinics are held at the surgery
- The mammography service visits the practice every three years
- There are Diabetic, Chronic obstructive pulmonary disease (COPD), Coronary heart disease (CHD), Asthma and Hypertension clinics run by nurses
- The surgery also offers the following services as well: Podiatry, Physio, Speech therapy
Travel advice, Ear syringing, Family planning, Smoking cessation services

How to get involved and give your views

The White Horse Medical Practice Patient Participation Group was formed at the beginning of 2013. The Core Group has 6 members:

Ann Thompson	Kingston Bagpuize	thomppmail-ppif@yahoo.co.uk
John Mattingley	Faringdon	johnmattingley2@gmail.com
Marcus Laphorn	Faringdon	marcuslaphorn@gmail.com
Emily Norton	Hatford	bemilynorton@yahoo.co.uk
Graham Roberts	Great Coxwell	postmaster@grahamro.demon.co.uk
Gene Webb	Faringdon	genewebb@rocketmail.com

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