

BILLINGHAY MEDICAL PRACTICE

Patient

Participation

Group

“Representing patients and putting them at the heart of all we do”

ARE YOU READY TO CARE?

The joy in our hearts when we hear the bells pealing out in June and remember the saying “A JUNE Bride Always a Bride” [Juno, Roman Goddess of Marriage: it was thought that couples married in June would be blessed with prosperity and happiness].

The sun is shining, everyone adorns their best bib’n’tucker, all the lists on lists of lists and preparation and planning has come together like a well-oiled machine.... the journey begins!

To have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, till death us do part.

These words are repeated again and again across the land in so many places before another congregation almost daily, then the ‘officiator’ asks the congregation to ‘support the couple now and for years to come’. Tears fall as one person remembers their own day and wonders how often do we say words without thinking and wondering what the consequences may really be?

I’m sure we’ve all attended a wedding or will hear the bells peal out this June so maybe take a moment to reflect. Carers week is 10th–16th June 2019 and this year’s focus is on

Connecting Carers in their Communities

Camaraderie is something we all have within us as well as kindness and we don’t always have to like someone to be kind and caring towards them, maybe we can begin to create an epidemic ‘**A Caring Community**’.

CARERS:

Give up a lot – take very little.

Get sick and emotionally worn out.

Go through more than they will ever tell you!

It’s a lot for one person and you will never know until you have walked the road of a CARER

“Do we truly accept and understand the role of caring for a loved one?”

Carers are You and Me we do it for Love 

Are YOU ready to CARE?

“I cared for Gordon, aged 69, who lived for 30years with Cardiovascular disease, ten of those with Heart Failure, sadly he lost his personal battle in June 2008, his Legacy lives on through the work of HOPELINKs Ltd. His courage & determination not only inspired me as his widow, also my daughter Amie (27) to pursue a career in medicine, now a Doctor, equally determined to make her ‘Daddy’ proud. We shared many very memorable years together, facing the hurdles with a determination & positive outlook; We will hold him in our hearts forever; “I had the opportunity to share in the life of a very ‘stubborn’ Yorkshire man! In June 2013 I was awarded an MBE – ‘for services to Carers’, without Gordon I may never have embarked on such a road, a very humble & honoured experience! I sincerely HOPE I can continue to make a small difference too many others whilst on their own journey”.

Pauline M Mountain MBE

HEALTHY CONVERSATION – What is it?

Earlier this year the healthcare system across Lincolnshire launched **Healthy Conversation 2019**. This is a discussion about what, and how, we need to change to ensure that our health, and health service is fit for the future. There have been public engagement events across the county, concluding with sessions at Stamford on 12 June and Spalding on 13 June. The aim of Healthy Conversation 2019 is to ensure that health professionals are working together with patients, carers, families and service users to co-design care and support.

Looking after ourselves and each other – getting this right is the best way to be healthy and reduce the strain on the NHS. You might hear this referred to as ‘prevention’ and ‘self-care’

- Joined up care close to home – services delivered in the community or your own home.
- Mental health and learning disabilities – one quarter of us will develop a mental health illness at some point in our lifetime so getting these services right is paramount.
- Hospital Services – this year the Healthy Conversation team will be talking with patients about these services and the emerging options for their future sustainability.
- Enabling factors – this is how the team refers to such things as travel and transport, IT and digital opportunities, recruitment and estates and buildings – not the services themselves, but big influencers on our ability to deliver them well.
- The national NHS Long Term Plan – and how it can be made to work best for Lincolnshire.

Cervical Screening Programme

The aim of the NHS Cervical Screening Programme is to reduce both the number of women who develop cervical cancer and the number who die from it. Since the screening programme was introduced in the 1980s, the number of cervical cancer cases has **decreased** by about **7% each year**. All women who are registered with a GP are invited for cervical screening as follows:

- aged 25 to 49 – every 3 years
- aged 50 to 64 – every 5 years
- over 65 – only women who have recently had abnormal tests

You'll receive a letter through the post asking you to make an appointment for a cervical screening test, which will be carried out by one of the Practice nurses. The test usually takes around 5 minutes to carry out. A small soft brush will be used to gently collect some cells from the surface of your cervix. The cell sample is then sent off to a laboratory for analysis and you should receive the result within a few weeks. Some women find the procedure a bit uncomfortable or embarrassing, but for most women it isn't painful. If you find the test painful, tell the nurse as she may be able to reduce your discomfort. **Screening saves lives!**

Billinghay Medical Practice – Information

Appointments	01526 860490
Reception	08.00 - 18.30 (Mon-Fri)
Out of hours	111
Dispensary	01526 869806 08.30 – 18.00 (Mon-Fri)

Extended surgery hours are available on Wednesday evenings. Appointments are available online and pre-bookable 7 days in advance with some appointments available on the day. Please contact Reception to access this service.

The Practice will be closed between 13.00 and 17.00 on 12 June, 11 September, 9 October and 13 November to allow for staff training.

Appointments can be made at Billingham Medical Practice for the following clinics:

- ✓ **Antenatal clinic** – run on Mondays by the Community Midwife within surgery hours by appointment only.
- ✓ **Asthma clinics** – dedicated nurse run clinics by appointment. Asthma reviews can be arranged any time, by appointment.
- ✓ **Diabetes & Hypertension clinics** – regular review of diabetes and hypertension (high blood pressure) leads to improved control and a reduction in complications. These clinics are run by a nurse or doctor, with a full examination every 12 months and control checks every 6 months.
- ✓ **Cervical smear screening** – cervical smears are routinely performed by the practice nurse at any mutually convenient time during surgery hours by appointment.
- ✓ **Child Health Surveillance** – routine examination of children carried out at 8 weeks, 9 months and 40 months.
- ✓ **INR Monitoring clinics** – for patients prescribed Warfarin for various medical conditions. They are primarily on Monday and Tuesday mornings, but appointments can be arranged at mutually convenient times.
- ✓ **Health Promotion clinics** – patients aged between 40 and 74 who have not had a blood pressure check in the last 5 years will be offered an appointment for an NHS Health Check.
- ✓ **New Patient health checks** – all new patients over aged 40 or on multiple medications are encouraged to have this health check, usually performed by a practice nurse or HCA. It enables us to advise you on the appropriate use of our medical services and also screens for common disorders such as high blood pressure and diabetes.
- ✓ **Travel clinics** – for all your immunisations and health advice when travelling abroad. Please collect a travel assessment form from reception or download from this website and make an appointment with our practice nurse allowing at least **8 weeks notice** (preferably 3 months)

Extended Access Service

Located at Sleaford Medical Group, this is a service that is open from 18.30 to 20.00 weekdays, including bank holidays, Christmas day, Boxing day, and Easter Sunday, and 09:00 to 12:00 on Saturdays and Sundays. The address is Riverside Surgery, 47 Boston Road, Sleaford NG34 7HD. Phone 01529 303301.

Appointments for this service at Sleaford Medical Group are for **pre-bookable, non-urgent** consultations with GPs and nurses. Examples of these include chronic illness, asthma checks and routine GP appointments. To arrange an appointment, please speak to one of our own Practice receptionists.

The Minor Injuries Unit hours at Sleaford have also been extended to 20.00 Monday to Friday, and 18.00 at weekends. Appointments for this service are not necessary.



Defibrillator for Dorrington!

It has been confirmed that funding for a defibrillator for Dorrington has been agreed. This will be supplied and maintained by the Community Heartbeat Trust and will be sited in the old telephone box in the village. Thanks to everyone who voted for this vital equipment.

What is the PPG?

The Patient Participation Group comprises up to 20 volunteer patients registered with the Practice. The Group meets quarterly in the waiting room at 6pm for about 90 minutes on the first Tuesday of March, June, September and December. You can find out what we do by looking at the Terms of Reference and Ground Rules on the Patient Participation Group noticeboard. We would like to welcome new members, so if you feel this is something with which you would like to become involved, please either visit our website: www.billinghaymedicalpractice.co.uk or speak with Reception. Alternatively, just come along to one of our friendly meetings before registering. Future meetings for 2019 are scheduled as follows: 3 September and 3 December.

Patient Participation Group

Chair: juneta.wilson@btinternet.com

Vice-chair: Sheilaclark23@yahoo.com

Secretary: jean@patman.plus.com



- A patient suggested a small minor ops facility would be useful.
- Reply: Currently this would not be possible because of lack of space and staffing levels.
- An online secure service that enables patients to talk to their GPs could possibly cut down on appointments.
- Reply: The Practice is tied to the system software and this is currently not possible.

**PLEASE USE THE GEL DISPENSER TO CLEAN YOUR HANDS
BEFORE USING THE SCREEN TO SIGN IN.
HAND CLEANLINESS SAVES LIVES!**

And finally.....

PLEASE TURN OFF YOUR MOBILE IN ALL AREAS OF THE SURGERY

Thank you!

