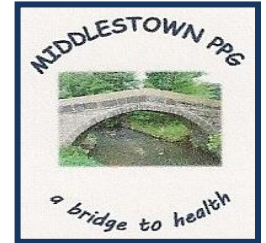


MIDDLESTOWN PATIENT PARTICIPATION GROUP



Autumn Newsletter 2014

WestWakefield
health and wellbeing



**WEST WAKEFIELD HEALTH
AND WELLBEING**

We are group of 6 NHS GP practices in West Wakefield working together to make it easier for you to access the healthcare services you need. The six practices are Orchard Croft in Horbury, Lupset Health Centre, Middlestown Medical Centre, Chapelthorpe Medical Centre and the two surgeries in Ossett - Church St and Prospect.

In October 2013 the Prime Minister issued a challenge to GPs across England to extend access to primary care. We responded to this challenge and in April 2014 we were given the go ahead and funding to put our plans into action.

What will we be doing?

Some of the things we have planned are to:

- Extend hours of availability of GP routine and urgent appointments to 8pm during the week and 8am to 8pm on a weekend. These will be at one central site.
- Introduce a new physiotherapy service as an alternative to seeing a GP for new muscle and joint problems.
- Employ a Pharmacy Co-ordinator to work in practices and with local pharmacies to improve the use and management of medicines.
- Introduce email consultations for certain types of straightforward interaction where you do not need to see a Doctor in person.
- Offer video consultations for use where you do not need to visit the practice but it would be useful for you and the Doctor to see each other.
- Develop a range of new tools and services to support your health and wellbeing. For example mobile apps, taking services into the community via our 'healthpod' and access to social prescribing.
- Use technology to help us work more closely with others involved in your health and social care. For example using e-consultations and virtual team meetings.

Appointments outside normal surgery hours, seven days a week up to 8pm in the evening.

The new extended hours service will be located in Ossett Health Village. This service will allow people who are registered with any of the six GP practices to make an appointment outside normal surgery hours, seven days a week up to 8pm in the evening. To begin with, the extended hours appointments service will only be offered to patients of those GPs who ring the NHS 111 number and are identified as needing to see a GP urgently. From November 2014 patients will also be able to book extended hours appointments directly with the new service.

For more information please visit our website <http://www.westwakefield.org.uk> Follow us on twitter @westwakefield or like us on Facebook.com/westwakefield or ask at your practice.



MACMILLAN COFFEE MORNING

Many thanks to all who came along. A magnificent £250 was raised on the day. Well done everyone!

Loneliness is a massive issue for people in later life in the UK. Half of

all people aged 75 and over live alone and 1 in 10 people aged 65 or over say they are always or often feel lonely - that's just over a million people.

We all know what it's like to feel lonely. But imagine being completely alone every single day. Around 1 million older people regularly go an entire month without speaking to anyone.

Loneliness is as harmful as smoking 15 cigarettes a day and has a destructive impact on our quality of life.

At Age UK Wakefield District we know how devastating loneliness can be for older people. Our Charity provides vital services designed to tackle and prevent loneliness and isolation.

The Organisation provides access to information and advice to services that can provide practical and emotional support for people who are isolated.

Our Support Workers help individuals to access social support which could be through attending a local group or through our Community Companions Befriending Service. This vital service provides a link to the outside world and often acts as a gateway for other services and valuable support.

For more information please contact Age UK Wakefield District Social Prescribing Service, 7 Bank Street, Castleford, WF10 3TA. Telephone: 01977 552114 to request a home visit.

You can e-mail your thoughts and ideas to us at:

Middlestown.ppgroup@wakefieldccg.nhs.uk

Please be aware that we cannot enter into any discussion regarding your own health, the treatment you receive from the surgery, handle any complaints or deal with any other confidential issues arising from your own personal circumstances.



Tip for a healthy lifestyle: Make simple food swaps. Try reduced-fat dairy products instead of full-fat ones. Instead of a packet of crisps or a sausage roll, reach for an apple or banana.

The **ONE DAY** event

The event took place on September 25 in the waiting area at Middlestown Surgery. During the day 6 specialist advisers groups were in the surgery to give advice and information to patients, ranging from our own Health Trainers, Age UK, Rightsteps, British Heart Foundation and Stop Smoking.

We were pleased with the numbers coming to the stands throughout the day, and the patient response to the event was very good with a number of patients finding information there which they felt would be useful to them.

The event was organised by PPG members in response to a survey that the PPG had carried out earlier in the year and a number of PPG Members were also in the surgery throughout the day talking with patients and asking what else we could do to help them in obtaining information and advice on their personal health care.

The response from everyone at the event seemed favourable enough to encourage the PPG to consider similar events in the future. Watch this space.

Thanks to all who took part in the event and the PPG members for planning and presenting the event before and on the day.



SHINGLES VACCINE

If you are 70, 78 or 79 you may be eligible for the vaccine. Contact the surgery for more details.



FLU JAB TIME AGAIN!

Contact the surgery to book your appointment