



MIDDLESTOWN PATIENT PARTICIPATION GROUP



Newsletter 2016

Our next **One Day Event** starts at 9am on Thursday 27 October. Two groups will be in the surgery. Come along and see what is available. The articles below give you a flavour of what is on offer.

FIBROMYALGIA: A musculoskeletal condition with sleep disturbance

This is such a short, sweeping statement for a condition which steals the life you once had and replaces it with a lifetime of Doctors' appointments, Physiotherapy, Rheumatology, Pain clinic and any other departments in the NHS which may help. There is no cure for Fibromyalgia so coping and living with it is what we have to do.

Wakefield and District Fibromyalgia Support Group have been running for 6 years, all of the committee have Fibromyalgia, supporting 45 members as of 2016; sometimes it has been as high as 70. We listen to all those who come to group or call the help line number, whether it be a sufferer, partner or carer.

There is a life with Fibromyalgia, and our group shows, through experiences and knowledge gained from research, that whatever the trigger for anyone who is diagnosed there are ways to live a life with Fibromyalgia.

Meeting once a month as a group, in a safe and warm environment where relevant speakers are organised, this year it has mostly been around holistic and wellbeing. Once a month we have a coffee morning at different places around the Wakefield area eg garden centres. A monthly evening social as well is attended by members who still can work; a catch up with others who understand and families and friends who support those with Fibromyalgia.

Gaining the tools to live with a Fibromyalgia life is our aim, pacing, learning to say NO, relaxation, expert patient courses, health trainers - our list is endless. For those who want to read different views on Fibromyalgia, our group has a very good library from which our members can borrow books free of charge.

**There is a life with Fibromyalgia
- let us show you how.**

ARTHRITIS CHAMPIONS

The work we do as Arthritis Champions promotes living well with Arthritis. We are there to support people with any kind of Arthritis of which there are over 200 different forms. We provide free information booklets and help support you to stay in work or live an independent lifestyle. We can tell you about services and courses in your area that may help you, or just be there to listen if you need someone to talk to. We give out information about our support group, which runs once a month, where you could meet other like-minded people.

Because we also have Arthritis we understand how it can affect you, your life and those around you. Whether you think you may have the early signs and are unsure what to do, you have been recently diagnosed or you have been living with Arthritis for some while and want to know the latest developments, we are here for you.

There is no website but the email for the group is wakefieldarthritiscare@yahoo.com
You can also telephone on 01924 251544.



A busy morning at our last Event on 28 July

Medication and the law - driving under the influence of drugs. Some prescription and over the counter drugs can have side effects which may affect your driving. Medication which may have these effects are now clearly marked alerting users to read the leaflet enclosed. Generally, if you follow the guidance in the leaflet or advice of your doctor or pharmacist you should be ok. If you think your medication is affecting you then don't drive. **If in doubt check with your doctor or pharmacist.**



Don't forget to book your flu jab now - call the surgery on 01924 237101

PROSTATE AWARENESS

Prostate cancer is the most common cancer in men in the UK, with over 40,000 new cases diagnosed every year. The prostate is a small gland in the pelvis found only in men. It is about the size of a satsuma, it is located at the base of the bladder and the urethra (the tube carries urine from the bladder to the penis) goes through the middle of the prostate gland.

As men get older the prostate gland often enlarges. When this happens, you may notice things like an increased need to urinate, straining while urinating and a feeling that your bladder has not fully emptied, you may also have to stand and wait for a while before you start to pass urine. You may also have to get up at night.

Symptoms often only become apparent when your prostate is large enough to affect the urethra (the tube that carries urine from the bladder to the penis).

These symptoms shouldn't be ignored, but they do not mean you have prostate cancer. It is more likely that they are caused by something else, such as benign prostatic hyperplasia (also known as BPH) but a simple blood test and a prostate examination can help to tell the difference.

If you develop prostate symptoms, or if your longstanding symptoms start to get worse, tell your doctor.

DIABETES: Do you or someone in your family suffer from Diabetes? There will be a Diabetes Event on 13 December where staff from the Practice and Diabetes UK will be on hand to answer your questions. See notices in surgery for more details nearer the time.

MEMORY LANE CAFÉ

A group aimed at those suffering from memory problems and their carers. Meet for tea, biscuits & a chat at St Luke's Church Hall, Middlestown on the 1st Thursday each month. Next meeting 3 November. For more information contact Margaret 01924 262780

NEW MEDICINES STRATEGY (from the Medicines Optimisation Team)

What is changing and when are these changes happening? The way you order your repeat prescription is changing. If your repeat prescription is currently managed by a third party i.e. community pharmacy or appliance contactor, then this change will affect you. From **1 November 2016** community pharmacies and appliance contractors will no longer manage repeat prescription orders on behalf of patients - any repeat prescription orders should be placed directly with your GP practice.

What is not changing? If you already order your repeat prescriptions from your GP practice, you will not need to take any action. This change should not affect how your repeat prescription is collected from the GP practice, dispensed and delivered.

What do I need to do? From **1 November 2016** you can order your repeat prescriptions via one of the following options:

- ❖ Order online - Ask in practice today for details of how to sign up to online ordering.
- ❖ At the surgery - You can tear off the white slip on the right hand side of your prescription and hand this into the dispensary.
- ❖ Via telephone (If available in your practice).
- ❖ Via letter, fax or App. (If available in your practice)



If you consider yourself to be a vulnerable patient or know of someone who is vulnerable and would need further support when managing repeat orders, then please speak to your general practice for further information.

Why is repeat ordering changing? There has been a recent increase in patient feedback, and reported safety and quality incidents related to repeat prescriptions, particularly when they are ordered by a third party. This has raised concern with the current process of ordering repeat medications. Your GP has a better ability to monitor and control what medicines you do and do not use. This will help discussions about choosing the right medication. We all know a friend or family member with a cupboard full of medicines, this is not only a safety risk but can be distressing for the person involved. Finally, it is important that NHS money is used as effectively as possible. We aim to save a large amount of money on reducing the amount of unused medicines, this money will be used to benefit the health of the people of Wakefield.

What do I need to do? Enquire in your practice about these changes. Ask about online ordering and how this can benefit you.

Next Newsletter due 18 January & next Event 28 January 2017

You can also view this Newsletter on our PPG webpage at www.middlestownmedicalcentre.nhs.uk Please pass this Newsletter on to family or friends after you have finished with it.