



MIDDLESTOWN PATIENT PARTICIPATION GROUP

Spring

2018 Newsletter

Our next *One Day Event* starts at 9.30am on Thursday 3rd May on the theme of 'Looking at Respiratory Conditions'. Please come along and talk to the groups who will be there

AT THE MAY **One Day Event** we will be joined by Alison Coe, Specialist Respiratory Physiotherapist with MY Therapy Services and Lisa Chandler a Respiratory Specialist Nurse who now works for Public Health and NHS Wakefield CCG.

Alison is an expert in respiratory disease, she developed and leads the Wakefield Pulmonary Rehabilitation Service and provides specialist respiratory physiotherapy, for example management of breathlessness and specialist breathing techniques, on an individual basis to people living with respiratory disease. Pulmonary rehabilitation is well known for reducing symptoms of breathlessness, reducing admissions and improving quality of life for those living with respiratory disease that is limiting their ability to walk due to breathlessness. As part of pulmonary rehabilitation those attending are also able to get education and advice on managing their condition.

Unfortunately not enough people are taking up this treatment and the benefits it can give. Ali would like to promote this treatment and answer questions on the role of the physiotherapist in respiratory disease management and how it can help individuals and their carers.

Lisa was a Practice Nurse and Specialist Respiratory Nurse at Pinderfields Hospital and then across Wakefield. Lisa now works in both Public Health and NHS Wakefield CCG. Lisa would like to speak to people about improving lung health, recognising poor lung health early, the importance of using medication correctly and action planning to help people manage their respiratory condition. She would also like to hear about your experiences of using services in Wakefield and how we could reach more people and support them to manage their lung condition.

PATIENT PARTICIPATION GROUP ANNUAL MEETING



This will be held on Thursday 24 May, 2pm at Middlestown Surgery.

Being involved with the PPG gives you the chance to have your say, and take action, to improve the way health services are delivered in the community in which you live. It is also a great way to give something back and many members get a real buzz from having helped make important changes to a Practice. It's a good way to meet new people and learn new skills, and you certainly don't need a background in healthcare.

If you are interested in finding out more about Middlestown PPG then come along. We have vacancies for new members.



The Green Machine in the Middlestown surgery waiting Room can be used by anyone. It is a touch screen which links to the internet and where you can access much health related information. There are also links to sites where you can find local activities and information. Next time you are in the surgery why don't you give it a go.

The Referral Information and Support Hub (TRISH)

TRISH is a locally based referral information and support service for people living in North Kirklees and Wakefield. It provides a central point for all GP referrals and information about what services are available. If you need specialist treatment a secure electronic referral will be sent to TRISH. TRISH will contact you by phone within 72 hours of the team receiving the referral from your GP practice. They will discuss the choice of providers available and book an appointment for you. The team will also tell you where you can find out more about your condition such as online resources and local support groups. They will provide you with transport information and answer any other questions you may have about the service. You will receive a letter confirming your appointment details. If they are unable to contact you they will try again; if still unable to contact you they will send the information through the post. This service is gradually being rolled out across the whole area.

2018 Practice Training: surgery closed from 12 noon on Wednesdays, until 8.30am the following day. 16 May, 20 June, 18 July, 19 September, 17 October and 14 November.

