



# MIDDLESTOWN PATIENT PARTICIPATION GROUP



## 2017-18 Newsletter

Our next *One Day Event* starts at 9.30am on Thursday 1<sup>st</sup> February on the theme of 'Helping you to get the best out of your Practice'. The Practice Manager will be there to answer your questions.

### PPG ONE DAY EVENTS

We have been running our *One Day Events* timed to coincide with our regular quarterly Newsletters since September 2014. We bring two specialist groups into the Surgery aimed at giving you the opportunity to come along and talk with these specialists. Simply come along and have a chat in an informal setting, get answers to your questions and find out how these groups may be able to help you, or someone you know.

Our first Event in 2018 will be slightly different from previous Events. Practice Staff will be in the waiting area to answer your questions about the Practice and offer guidance to help you get the best out of your GP Practice.

So, come along and find out for yourselves what promises to be a very interesting morning.

#### 2018 Programme at a glance - book the dates now

Thursday 1<sup>st</sup> February: Helping you to get the best out of your GP Practice

Thursday 3<sup>rd</sup> May: Respiratory Conditions

Thursday 26<sup>th</sup> July: Diabetes

Thursday 15<sup>th</sup> November: Dementia

Our popular Goodie Bags will also be provided at each event, come along and pick yours up.

Our Newsletters, Notice Boards and our web pages will often have more details of events planned during the year. Suggestions for topics for future events are always welcome. Check out the PPG webpage at [www.middlestownmedicalcentre.nhs.uk](http://www.middlestownmedicalcentre.nhs.uk)

Thank you for your support



Are you happy to talk to your fellow patients and keep them informed of what is happening at Middlestown Medical Centre, or to help with our events or other activities. If so why not become a Patient Participation Group (PPG) member. Come along and join a relaxed and active group - we even have mince pies at Christmas!

Ask at reception for more details or look on the Practice website.

### BE ANTIBIOTICS AWARE

- Antibiotics are medicines used to treat infections caused by bacteria - they don't work against most coughs, colds and sore throats because these are usually caused by viruses.
- Coughs, colds and sore throats can last anything up to three weeks but you can talk to a pharmacist about how to treat your symptoms or pain with over the counter treatments.
- It's important to take antibiotics in the way you are instructed so that they don't stop working against bacteria - you might have heard this called **antibiotic resistance**.
- **Antibiotic resistance** is serious because lots of our routine treatments and operations cannot take place without effective antibiotics.



### NO DENTIST AND NEED ONE IN AN EMERGENCY?

Call 111 - An emergency dentist should then be allocated (whether the patient is housebound or not). If you are already registered with a dentist the advice is to call your own Dentist.



### BUTTONS...BUTTONS...BUTTONS

Have you got lots of assorted, odd buttons which you never use? If you have and would like to put them to good use please bring them along to any of the 3 surgeries and hand them in at reception. One of our patients is a Dementia Ambassador and uses the buttons to make cards, pictures and other craft items to sell to raise money for Dementia Awareness.



**PRACTICE NEWS:** In September 2018 Dr Terence Gair will be retiring as the Senior Partner of the practice and, as a much valued member of the team, we are all sad he is stepping down. We are however fortunate that the practice and patients will continue to benefit from his expertise and experience, as he will continue to work seeing patients in a reduced capacity. Dr Gair is the longest serving GP Partner, having worked at Middlestown Medical Centre, serving both the practice and patients for the past 30 years. Initially finding his way to Middlestown in 1988 as a GP Trainee, Dr Gair became a Partner in April 1990. From September 2018, the responsibility of Senior Partner will be handed to the safe and experienced hands of Dr Catherine Swan.

### ONLINE GP SERVICES AT MIDDLESTOWN



Don't delay! Access GP services online today ..... book appointments, order repeat prescriptions view your personal record. Please complete and return an application for online services at your earliest convenience, to be sent your own user name and password to get started!

From January only vulnerable patients will be able to phone the surgery to order repeat medications so please do not delay in registering for online services. Ask any member of the team for further details.

### PHONING THE PRACTICE

The telephone number 01924 237100 offers access to all three sites - Middlestown, Emley & Flockton. On calling you will have 2 options -



1. Appointments, test results, home visits & referral queries; 2. Dispensary (open 8.30am to 6pm). You will be advised, if in a queue, your position in the queue.

There are 8 lines into the practice and 6 dedicated for outgoing calls. The lines are open from 8am to 6pm. Patients can ring anytime of the day but the practice recommends that for non-urgent or routine appointments or queries calling outside the peak time of 8-10am.

**For life threatening emergencies always call 999**

### WAKEFIELD DISTRICT SIGHT AID

When your sight, or the sight of someone you care about is failing Wakefield District Sight Aid can help. They can give Advice, Support and Help. They offer Home Visits, Befriending and have Specialist Equipment.

Contact them at Parkside Centre, Leeds Road, Outwood, Wakefield WF1 2PN. Telephone 01924 215555. Email: [admin@wdsa.org.uk](mailto:admin@wdsa.org.uk) or look on their website at [www.wdsa.org.uk](http://www.wdsa.org.uk)

Got an appointment?



**AN EARLY DIARY DATE - PPG AGM**  
Thursday 24<sup>th</sup> May, 2pm at Middlestown.



### TIPS FOR HEALTHY EATING No.2

It is recommended that men have around 2,500 calories a day. Women should have around 2,000 calories a day. Most adults are eating more calories than they need, and should eat fewer calories.

Eat the right amount of calories for how active you are, so that you balance the energy you consume with the energy you use. If you eat or drink too much, you'll put on weight. If you eat and drink too little, you'll lose weight.

#### Eat lots of fruit and veg

It's recommended that we eat at least five portions of a variety of fruit and veg every day. It's easier than it sounds.

Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?

Unsweetened 100% fruit juice, vegetable juice and smoothies can only ever count as a maximum of one portion of your 5 A DAY. For example, if you have two glasses of fruit juice and a smoothie in one day, that still only counts as one portion.



The next PPG Newsletter is due on 23<sup>rd</sup> April 2018 and our next One Day Event, covering Respiratory Conditions, is on 3<sup>rd</sup> May 2018