



Registered
Charity 1099391

The Patient Involvement Group

Based at The Danbury Medical Centre

Newsletter
Spring 2010

Where every
Patient is a
Member

Welcome to the Latest Edition of Your Newsletter

Patient Involvement Group Committee 2009/10

Officers

Eleanor Dove (Chairman)
Irene Randall (Deputy Chairman)
Malcolm Read (Treasurer)
Laurie Bowes (Secretary)

Members

Paul Baker
Angela Cooke
Richard Creak
Gill Mandl
Tony Williams
Jaqui Wright

Co-opted Members

Brian Johnson
Mike Sisson

BLOOD PRESSURE MONITOR for patient use

We now have a blood pressure monitor situated in the waiting room (in the corner by the window). It is available for patients to use and automatically prints the readings on a small slip for you.

YOUR PRESCRIPTION

Do you know:

- What medicines you are taking and why?
- How and when to take them?
- Whether or not any of your medicines react with each other, or with food or alcohol?

If you've answers 'no' to any of these questions it may be time to **ask about your medicines**.

Ask About Your Medicines

- What does this medicine do?
- How long will I need to use it?
- How and when should I take it?
- Should I avoid any other medicines, drinks, foods or activities when I am taking this medicine?
- What are the possible risks and side effects – and what should I do if they happen to me?



DATE FOR YOUR DIARY

17th JUNE 2010 at 7.30 pm

at

St John's Church Hall,
Danbury

with

Dr Arul Srinivasan FRCP
(Consultant Rheumatologist)

**OSTEOARTHRITIS AND
OSTEOPOROSIS**

Full details in April

(see press, posters and surgery notice board)

CONSULTATION ON NHS TELEPHONE SERVICE

NHS free to choose 084 numbers for
local patients

On 14th September 2009, Health Minister Mike O'Brien MP announced that new legislation will be introduced to ensure that local patients do not pay more than the cost of a local call to contact the NHS. This means that GPs and other NHS professionals and organisations will in future remain free to use 084 number based solutions for local services, providing patients do not pay any more than a local call (landlines).

Calling from a mobile phone will probably cost more

Visit our website at www.danburypig.org

NEWS FROM THE DANBURY MEDICAL CENTRE

Dr Sara Crane - We are pleased to announce, on behalf of Sarah and her husband Dan, the birth of their third child, Elizabeth Grace on 12th February 2010, weight 10lb 8oz.

Dr Annabel Kerr - We are pleased to welcome Dr Kerr to our team. Dr Kerr will be covering Dr Sarah Crane's Maternity leave for the next six months.

Swine flu update - Thankfully we have passed the peak of this illness. The mass vaccination programme went well, and luckily none of our patients suffered serious consequences of the illness. We await news on next season's campaign, but encourage everyone who is vulnerable to influenza illness to continue to access both the 'normal' flu campaign and any additional immunisation programmes advised. Mass immunisation is one of medicine's most effective life savers.

Premises update - We continue to negotiate with our PCT the progress on our new premises. Our case continues to strengthen with the news that the PCT is finally supporting practice based commissioning more effectively by allowing us to manage our own budgets (although there is still a lot of planning work to be done to enable this to happen). Given the state of the nation's

finances, forth-coming elections and possible mergers of PCTs, it will take more time before we get our promised new surgery. We will update the village as we have more formal news.

Charity walk - The Practice organised a charity walk to support funds for breast cancer research before Christmas. One of our nurses was recently diagnosed with this condition (she is doing really well). We had a fantastic turnout, including a range of friends and family of all ages. We also were extraordinarily lucky with the weather, with the sun coming out for the duration. We raised a staggering £682 plus gift aid, leading to a total of £874.

Opening times - As a reminder, our practice has always operated extended hours over the past 20 years, from 8 am to 6.30 pm, and unlike many surgeries, we keep the doors open throughout the day, so walk-ins can be dealt with and appointments made. We also offer pre-booked appointments on a Saturday morning up to 2 pm. 50% of appointments for GPs are pre-bookable up to 3 weeks in advance; all nurse appointments are pre-bookable. We now have two nurse practitioners, with extended training, who can prescribe.

DO YOU...

- Look after an ill or disabled (physically or mentally) friend or relative?
- Support someone with learning disabilities?
- Care for an elderly person?
- Know someone who regularly cares for a dependent relative, friend or neighbour?

Many people do not recognise themselves as a Carer and would welcome some help and information on how to make their life a little easier.

If you need to talk to someone. If you need support, information, or need a break.

Supporting Carers in Braintree, Chelmsford, Brentwood
and Maldon Districts

Call the team at Action for Family Carers on

01621 851640

Brickhouse Farm Community Centre, Poulton Close, Maldon, CM9 6NG

Everyone has heard about the dangers of smoking but what about the benefits of stopping? Check your knowledge with the statements below:

1. Your blood oxygen levels increase to normal and your chance of having a heart attack starts to fall after
a) eight hours
b) twelve hours
c) two days
2. Your body is nicotine-free and your senses of taste and smell begin to improve after
a) 24 hours
b) 48 hours
c) a week
3. Your lung efficiency has increased by 5-10% so wheezing, coughing and shortness of breath improve after
a) a month
b) 3-9 months
c) 12-18 months
4. Your risk of having a heart attack is half that of a smoker after
a) 5 years
b) 10 years
c) 12 years

Answers at the bottom of page 4

You can help us fund raise for PIG

Do you shop at Amazon, eBay or i-Tunes ? or at any on-line shop such as Next, John Lewis, House of Fraser, Debenhams, M&S, Argos, Boots, BHS, Dorothy Perkins (and many many more) ?

Then you can raise funds for PIG while you shop !

Just go to

www.easyfundraising.org.uk/pigdanbury
register your name and link through to your favourite on-line store.

It doesn't cost you a penny extra and each time you buy something, a donation will go towards our next project.

PIG supports local people by organising health awareness events, training resuscitation techniques and by purchasing specialist equipment for use by medical staff in the surgery or in people's homes. We have no external funding, so all our activities have to be funded by events we hold and through the generosity of patients. Please help us to help you!



Chelmsford Star
at the heart of essex
Celebrating 140 years

Patient Involvement Group

Raising funds in partnership with
CHELMSFORD STAR
CO-OPERATIVE SOCIETY



Chelmsford Star
at the heart of essex
Celebrating 140 years

Do you shop at a Chelmsford Star Co-operative store? If so you can earn money for us just by shopping there.

Our fund raising partnership with Chelmsford star Co-operative Society is called Community Card. It is a reward card **not** a credit card and is provided to us totally free of charge. Supporters are given a card which, when produced at the till in any Chelmsford Star Co-operative store will earn **cash** for the **Patient Involvement Group** (excludes tobacco, lottery, stamps, mobile top-ups and pay point).

WHERE TO USE IT?

The Community Card can be used in any **Chelmsford Star Co-operative** store including: Food stores, 'Quadrant' Department Stores (Braintree and Chelmsford), Funeral Services and Travel Centres.

HOW TO GET A CARD?

We really need your help to raise much needed funds and helping us with a Community Card won't cost you a single penny more. Please take a card from the surgery waiting room.

Together we can make a difference!



DO YOU HAVE PROBLEMS GETTING WIDE FITTING SHOES?

BUCKLES

Footwear Specialists

Visit our on-line store: www.shoesdirect.co.uk

103 High Street, Maldon Essex CM9 5EP

Telephone: 01621 853348

E-mail: maldon@shoesdirect.co.uk

Our selection of footwear includes shoes from Clarks, Ecco, Josef Seibel and Rockport. March this year we saw the arrival of D B Shoes, a UK manufacturer who specialise in wider, deeper and roomier shoes – allowing us to fit more feet and solve more foot related issues.

As a family business we pride ourselves in being able to offer our customers a wide range of services including:

- ◆ *Foot measuring service by trained staff*
- ◆ *Selection of shoes in whole and half sizes (women's up to size 9)*
- ◆ *Range of width fittings D, E, EE, 4E, 6E, 8E
(lots with removable insoles – allowing orthotics to be inserted)*
- ◆ *Over 90 years experience in the retailing of footwear*
- ◆ *Open 7 days a week.*

If you have a problem and would like some advice or reassurance, please call



NHS Direct on 0845 4647

You will be able to talk to a qualified nurse. The service is available 24 hours every day.

Answers to Smoking quiz

- 1a Your blood oxygen levels increase to normal and your chances of having a heart attack start to fall after eight hours.
- 2b Your body is nicotine -free and your senses of taste and smell begin to improve after 48 hours.
- 3b Your lung efficiency has increased by 5--10% so wheezing, coughing and shortness of breath improve after 3--9 months
- 4a Your risk of having a heart attack is half that of a smoker after 5 years

The Patient Involvement Group
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This newsletter has been printed courtesy of local businessman, Mr Alan Wheal