

A Talk on Alzheimer's Disease - on Friday 29 April 2016 the Inner Wheel Club of Billericay is organising a talk/presentation on Alzheimer's Disease by a speaker from the Alzheimer's Society. This will be at **10.30am at St Mary Magdalen Church** on Billericay High Street. All interested patients/carers/medical staff are welcome. Refreshments will be available and questions and discussion possible .



Phlebotomy (Blood Testing) Update at St Andrews Site:

Ron Capes one of our PPG members Has recently reported back on how blood tests are being conducted at the **St Andrews Health Centre** adjacent to our Practice. New procedures are working well: Booked appointments (by telephone) are available 8.00am to 11.00am, in fact earlier appointments from 7.15 can also be booked with early preference given to "fasting" tests. The "walk-in" tests from 11.00am until 1pm still present difficulties for many patients using this method. Waiting in the corridor is no longer permitted as this presents a hazard for emergency access. Tickets for the walk-in tests can be taken from 11.00am, however people are now waiting in the waiting room (instead of queuing in the corridor) before then to get a ticket. This over crowds the waiting room, then at 11.00am there have been examples of unseemly behaviour (pushing, shoving, arguments) in the rush to get tickets from a vague waiting/queuing process! So, procedures going well for pre-booked, especially the early appointments being managed very well, on time. Not so great for the "walk-in" blood testing experience at St Andrews yet.

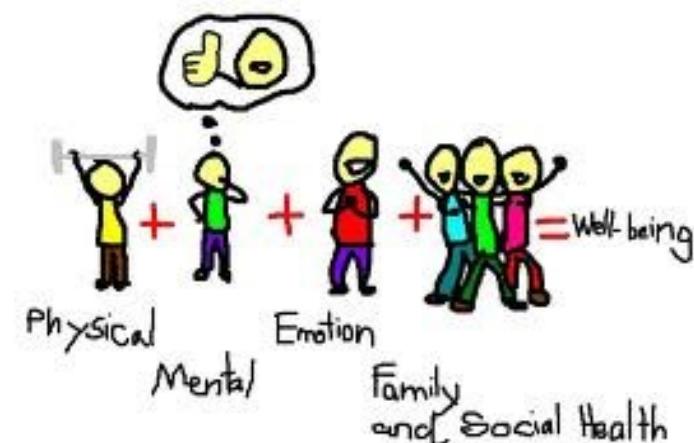
Contact the Patient Participation Group:

You can email us on ppg-bhc@nhs.net

Billericay Medical Practice

Patient Participation Group Newsletter

Edition 21 March 2016



News...News...

It is last September since we last brought out the Patient Participation Group (PPG) Newsletter, there is a lot to report on and tell you about:

PPG Annual General Meeting - where we elect our officers and report on our activities each year - this is on Tuesday March 8th 2016 at 7.30pm at the Practice.

Reception Opening Times - from April 2016 the Practice will close the Reception Desk for an hour every weekday lunchtime from 1.00pm to 2.00pm. This is due to financial constraints at the Practice .

Billericay Patient Participation and Wellbeing Event 2016 - this exciting new event is taking place on Saturday June 11th 2016 at venues on the High Street and elsewhere in Billericay. Our PPG has secured a small grant to organise this exciting event of information and activities working in partnership with other local Patient Participation Groups.....(continued inside...)

Billericay Patient Participation and Wellbeing Event 2016

We plan to involve voluntary groups and organisations in Billericay which promote healthy living and positive activities such as recreation, arts, and other pastimes that enable participants to achieve good physical and mental health and a sense of their own and others wellbeing. At the same time in the approach to Saturday June 11th our Patient Participation Group will be working with other such GP Surgery based groups in Billericay to promote what we do, and on Saturday June 11th 2016, promote and inform the Billericay public about NHS Patient Participation activities and how they can become part of this through their own GP Practices. Saturday June 11th 2016 is also fittingly the final day of the 2016 **National Patient Participation Awareness Week**.

If all goes well in the planning we hope there will be a range of healthy living and wellbeing activities members of the public can also book onto to participate in at the event . From Tai Chi and Yoga, to relaxed running and walking groups using local country parks, we hope music and choir singing will also feature in the day's programme. If you wish to find out more, initially contact John Wheeler on 01277 651968. We will aim to get local publicity and another Newsletter out with full event details soon after the Easter period.

Talk on Osteoporosis at the Practice, November 24 2015

Just over 30 patients and a few staff attended a talk by Sue Marx the Regional Development Manager of the National Osteoporosis Society. This is an independent charity, however as Sue explained they do provide a great amount of education, information and training on Osteoporosis, - which is frequently accessed by medical professionals.

The talk covered: What is Osteoporosis? Who is at Risk? Diagnosis and Treatment, Prevention, and, Living with Osteoporosis. Sue left us with leaflets and other useful details about this long term health condition. The relevant website is www.nos.org.uk . There is also helpline for the National Osteoporosis Society which is 0845 450 0230 open 9.00am to 5pm Monday, Wednesday, Thursday and Friday, with a late hours day on Tuesdays until 7pm. They can help with advice before you visit a GP, or after this to discuss treatment. We were informed that Osteoporosis, the degeneration and weakening of bones due to increasing age, ...

(Osteoporosis Talk continued)

affects 1 in 2 women , and 1 in 5 men over the age of 50. There are 300,000 fractures a year due to the condition, mainly in the wrist, compressed vertebrae in the spine, and hips. Vertebral compression leads to acute and chronic back pain and loss of height and curvature—this can affect daily living a lot especially eating, breathing and mobility.

Risk factors for suffering from Osteoporosis include age, race, gender—some medicines eg. corticosteroids, breast and prostate cancer drugs; rheumatoid arthritis, early menopause, medical conditions causing immobility and affecting food absorption, low body weight, family history, current smoking, and alcohol consumption of more than 3 units daily. Scans can be used to monitor those with significant risk factors.

Risk can be reduced by Drugs which include vitamin D, avoiding falls, good lifestyle habits such as exercise, getting sunlight, healthy eating, a calcium rich diet—dairy, fish with bones, green leaf vegetables . To keep safer from Osteoporosis as we get older - use weight training, tai chi, exercises that improve balance, stay upright in posture, have a safe home environment. In summary - it is a common health condition as we get older. A healthy lifestyle helps reduce risk and manage it. Drug treatments to reduce risk of fractures are available for those at highest risk. If using the internet you can also Google **Frax** for more information on Fracture Risk.

Practice Report for the Patient Participation Group, February 2016 - Report from Peter Tyrrell (Practice Manager)

GP and Surgery Updates

Dr Uscategui left the Practice on 12th January, whilst a replacement GP is recruited a locum GP will cover his GP sessions. The Practice is currently under some staffing pressures due to this and illnesses in the team.

The “Friends and Family” test/questionnaire

Our practice patients have continued to provide many responses to this NHS feedback process - some of the comments made and an analysis of our excellent level of feedback are on the Practice website, click on the “Friends and Family” tab on the menu to have a look.

The “HUB” extra GP hours local Project On the latest surgery rotation the New Surgery on Stock Road nearby is now one of the Project locations.