
BURWELL SURGERY PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER

Welcome to our **SECOND** newsletter, jointly produced with Burwell Surgery. We do hope you enjoyed reading our **FIRST** Newsletter. Feedback is always welcome, please let us know if there's something you'd like us to cover or ask Burwell Surgery, our next meeting will be August. Either drop us a line via Burwell Surgery's email account: admin.burwellsurgery@nhs.net or leave a note a reception for Elaine Ellis.

NEWS FROM BURWELL SURGERY...

Dr Sean Burrell, GP Locum has joined Burwell Surgery to cover Dr Joanna McKerrell's maternity leave. Dr Burrell also works for a GP surgery based in Norfolk, lives local to Burwell and will be working at Burwell Surgery on a Tuesday and Wednesday. A warm welcome goes out to Dr Burrell!

PRIMARY CARE NETWORKS (PCNs)...

NHS England's General Practice Forward View (GPFV) published April 2016 actively encouraged Commissioning Groups (CCGs) to encourage every practice in the country to work more collaboratively. So, how do GP surgeries achieve this? Answer: Become a Primary Care Network (PCN). PCNs are based on registered GP lists, serving communities of around 30,000 to 50,000 people. Should be small enough to provide the personal care valued by both patients and GPs, but large enough to have an impact and economies of scale through better collaboration between practice and others in the local health and social care system. Burwell Surgery, Staploe Medical Practice and Haddenham Surgery will become a Network known as Ely South PCN. Other Ely based Practices, St Mary's, Cathedral and St George's will be Ely North PCN. Burwell Surgery are now waiting on approval from the Cambridgeshire and Peterborough CCG on their preferred PCN, this is expected very soon. It is hoped PCNs will go live in July. What are the benefits? **Primary care networks** have the potential to **benefit** patients by offering improved access and extending the range of services available to them, and by helping to integrate **primary care** with wider **health** and community services. Check out Burwell Surgeries, website: www.theburwellsurgery.co.uk Facebook page: Burwell Surgery and their waiting room area for up-to-date news as it becomes available.

DEMENTIA FRIENDLY PPG AND SURGERY...

PPG members have joined Burwell Surgery and are now 'Dementia Friends'. The session was informative and well received by those attended. We now feel empowered to influence the community in becoming 'dementia aware' and support Burwell Surgery in implementing changes at the surgery.

HERE COMES SUMMER...



Seasonal allergies, sometimes called 'hay fever' or seasonal allergic rhinitis, are allergy symptoms that happen during certain times of the year, usually when outdoor moulds release their spores, and trees, grasses, and weeds release tiny pollen particles into the air to fertilise other plants.

- You don't need to see the doctor for hay fever symptoms, many treatments are available from a community pharmacy, community pharmacists can offer advice on how to avoid seasonal-triggers and how to manage them.
- Stock up your medicine cabinet. Hay fever remedies such as eye drops, nasal sprays, hay fever tablets can be purchased from your local pharmacy/supermarket can often be cost effective. Always remember to tell the pharmacist if you are taking regular prescription medicine.
- Self-help tips: wear wraparound sunglasses; keep windows and doors shut as much as possible. Avoid cut grass/grass areas; stay indoors when the pollen count is high.
- Stay safe in the sun: Seek out shade, especially between 11.00 – 3.00 pm, keep babies and very young children out of direct sunlight. Most importantly slap on the sun screen, at least SPF 15. Check your skin regularly for any abnormalities that do not improve after a few weeks – IF IN DOUBT, CHECK IT OUT! Speak to your GP about any changes to a mole or patch of skin.
- If you are planning a holiday overseas remember to check your immunisations are up-to-date, allow at least 6 weeks before the date of travel if you need an appointment for travel vaccinations. Remember, not all vaccinations are available on the NHS.

HELP US TO HELP YOU...

MISSED APPOINTMENTS: Keep up the good work. Missed Appointments were down year-on-year last month. A big THANK YOU.

COMMUNITY DEFIBRILLATOR – UPDATE

We have heard from The Burwell Belles WI. They are hoping to install the second community defibrillator at the Baptist Church in Burwell...watch this space!

FACEBOOK - Check out Burwell Surgery's Facebook page!

Our next Newsletter will be issued after our August meeting. If you would like to be part of the group, would like more information, or if you know of anyone that might be interested please contact Elaine Ellis on: 01638 741234 or email: admin.burwellsurgery@nhs.net or visit our website:

www.theburwellsurgery.co.uk to complete an application form.

.... And yes we need to start planning for the FLU SEASON... dates for Burwell Surgery's Saturday Open Clinics will be published in August's edition of this Newsletter.