



Want to join us?

We want our Patients' Forum to be truly representative of our patient population – especially younger patients. No special qualifications or experience are required. We are a friendly group, and we would like to warmly welcome you to our Forum.

We held our AGM on November 9th and now have vacancies for a Secretary and Events Co-ordinator. If either of these roles appeal, please get in touch!

To find more information about the Patients' Forum – together with an easy online application form simply scan the QR code below – or visit: <https://www.charleshicksmedicalcentre.nhs.uk/practice-information/patients-forum>



Patients Forum - The Hicks Group Practice

www.charleshicksmedicalcentre.nhs.uk

We need your suggestions

We now have new suggestion boxes in both Charles Hicks and Roman Gate surgeries. We would love to hear from you about ways we can improve them, especially any ideas about information we can provide.



Autumn newsletter 2023 from the Patients' Forum

News from the Hicks Group Practice

We are pleased to say we have recruited Dr Jamie Jackson to our team. Dr Jackson, who currently works at Priory Fields Surgery, will become a permanent member of our staff in November. We look forward to welcoming him to the Hicks Group Practice. He will predominantly be working from the Charles Hicks Centre, on Monday, Wednesday and Thursday.



The flu season is well and truly upon us. From September to the end of October this year, we have vaccinated 2,699 patients. These clinics were mostly being booked by us sending patients a direct booking link. Not only is this convenient for the patient, it is an excellent way of reducing phone traffic. Many appointments are still available. If you are yet to have your Flu vaccination this year and are over the age of 65 or clinically vulnerable, please phone the surgery to be booked in.

We have had another successful Autumn Covid booster season, vaccinating 2,973 patients! We have also run three busy Saturday clinics this year, vaccinating many patients each time. We would like to thank all of the staff for all of their hard work.

We have introduced a new telephone initiative, which will hopefully be welcomed by patients. At busy times when callers are in the phone queue, they are given the option to hang up and receive a call back from the surgery when they reach the front of the queue. This happens automatically, and the receptionist hears their phone ringing when they answer the phone. So far, this has worked quite well, although we are getting a number of patients who don't answer the call when we call back! So, please ensure you are near your telephone if you choose this option.

We remain very proud of our work to ensure patients are seen quickly and appropriately by the relevant clinician. We continue to register many new patients from our local area.



About Dementia

Dementia is not a natural part of ageing. It is caused when the brain is damaged by diseases such as Alzheimer's disease or a series of strokes. Alzheimer's disease is the most

common cause of dementia. Symptoms depend on the part of the brain that has been damaged. While dementia is commonly associated with memory loss, different types of dementia affect people in different ways especially in the early stages. Other factors affecting how well someone can live with dementia include how other people respond to them and their environment. Symptoms include problems with day-to-day memories, focussing and making decisions, finding the right word, judging distances and losing track of time and place.

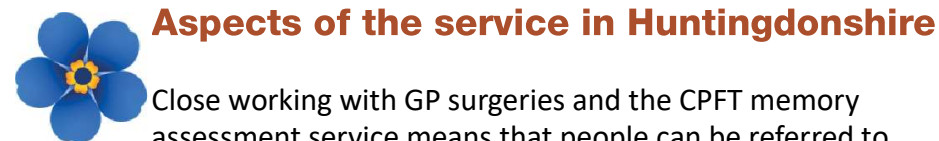
People will typically experience changes in their mood and behaviour and these symptoms get worse over time. Especially in the later stages, people may have physical symptoms like weight loss, muscle weakness, changes in sleep pattern and appetite.

The Alzheimer's society has on line information or a wide range of short factsheets with further information about dementia, dementia and the brain and specific types of dementia like Alzheimer's disease, vascular dementia and dementia with Lewy Bodies. alzheimers.org.uk

About Dementia Support



- They offer ways to help understand and find ways to cope with memory issues and dementia. Delivered by the team operating Cambridgeshire wide.
- They are available to support people directly affected, their families and anyone else that might be involved such as friends or neighbours.
- They are there to listen- taking account of the differences in people's circumstances and experience, individual concerns and questions, offering information and support throughout people's experience and shaped by people affected by dementia.



Aspects of the service in Huntingdonshire

Close working with GP surgeries and the CPFT memory assessment service means that people can be referred to the Dementia Support service or, in most cases, book an appointment to be seen at their GP surgery. The Alzheimer's Society is reaching 30% of people with a diagnosis of Dementia and their carers, which is significantly higher than the national average. There are additional specialist services in this area including:

- **Pre-assessment service:** For people worried about their memory or waiting for an appointment from the memory assessment service.
- **Intense Support service:** For carers who are feeling overwhelmed and in crisis; facing hospital admission or trying to prevent their loved one being admitted to hospital, or inform effective discharge.
- **Virtual Peer support groups and information sessions for carers:** A number of different online groups where people can share the experience of living with dementia or support someone experiencing dementia, in a friendly confidential space. There are also one-off information sessions for carers, increasing their knowledge about dementia, offering practical information, covering financial and legal matters and ways to cope as a carer.
- **Hospital based Dementia Advisers:** This is a recent full-time appointment based at Addenbrooke's and Hinchingsbrooke hospitals, working with people admitted to hospital and their families.



Getting in touch

- Contact Alzheimer's Society dementia support line on **0333 150 3456** - *Open 7 days a week*
 - Our online community hub is called the **Dementia Support Forum**. *It's free, open day or night*
 - local dementia support line - **01223 620 962**
- Ask surgery reception or speak to your GP for a dementia support session**