



the Millway Newsletter

Issue 5



www.millwaymedical.com



Winter 2017

Practice News

Welcome to our Winter Newsletter,

We have had heavier snow falls this year and it is that time of the year we have to deal with the cold weather!

In this edition I am taking the opportunity to talk about:

Staying Well This Winter

Are you doing all you can to stay well this winter? The NHS web site has some great information if you have a long term condition, are a parent of a young person, a carer, you are pregnant, or over 65. Just go to <https://www.nhs.uk/staywell>

Flu Jabs

Have you had yours done yet? If not, and if you're eligible, please contact the Surgery urgently for a free flu vaccination.

Keep Warm and Well Scheme

Worried about keeping warm and well this winter? There's lots of support to help you and your family

Do you have:-

- Poor or broken heating
- A cold and draughty home
- High energy bills

Don't wait contact winter well for free advice and assistance today!

For more information : Tel: **0208 359 74441**

Email: winterwell@barnet.gov.uk or visit www.barnet.gov.uk/winterwell

Free NHS Health Check.

If you are aged between 40 and 74 you are eligible for free NHS health check which can reduce health risks. The check takes between 20-30 minutes, and is completely confidential. The health check will involve some blood tests, so when you make an appointment, make sure you get a blood form from reception.

I also want to take the opportunity to remind you about

Online Access – it is quick, easy and you will be able to:-

- book or cancel appointments online
- order repeat prescriptions
- view parts of your GP record, including information about medication, allergies and vaccinations

Staff News

Congratulations on Dr Nick Dattani on becoming a partner

We welcome a new staff member—Suzy Knight who has joined our admin team.

We welcome back Dr Anuja Shah following her maternity leave to have her baby girl Amaya

We sadly had to say goodbye to receptionists Yu Yu Kyi Aye and Leonie Rowe as well Health Care Support Worker Jay Dattani we wish them well for the future.

Don't forget to visit our website and check our Facebook for details for regular updates

Have a happy and healthy New Year 2018 from us all!

Missed Appointments

Between the period of September –November 2017 we had :-

627 Doctor and Nurse appointments that patient's did not attend!
This cost the NHS over **£14,000**

Do you have a GP or Nurse appointment?

If you can't make it or don't need it then **CANCEL IT!**

Please phone the surgery or cancel online using patient access

Barnet Clinical Commissioning Group (CCG)

Dear Patients,

I am Dr Debbie Frost, Chair of the Barnet CCG (Clinical Commissioning Group) and I thought that it might be interesting to write a series of columns about what I/we do since the Health and Social Care Act in 2012 put GPs at the centre of local commissioning.

The CCG is responsible for planning, buying and monitoring:

- The care and treatment you may need in hospital and community health services, including district nurses, physiotherapy and other therapies
- The care that you may need urgently or in an emergency (including out-of-hours services)
- Maternity and new born baby services
- The medicines you may be prescribed by your GP
- Mental health and learning disability service

In April 2017, the CCG also took over the commissioning of GP services from NHS England

Equally importantly, CCGs are **not** responsible for other out of hospital services, which include:

- Dentists / Opticians
- Screening programmes, e.g. cancer screening
- Immunisations
- Stop smoking services /Sexual health services /Health visiting services

These are commissioned by teams in NHS England, the Local Authority or Public Health

The CCG works closely with: London Borough of Barnet; NHS England; Central London Community Healthcare Trust; Royal Free London Hospitals NHS Trust; Barnet, Enfield and Haringey Mental Health Trust; University College London Hospitals NHS Trust and the Royal National Orthopaedic Hospital NHS Trust

A really good link that shows how the system works is from the King's Fund (Link is <https://www.youtube.com/watch?v=DEARD4I3xtE>)

Next time: - I will be talking about Care Closer to Home (CC2H)
If there are other issues that you would like to discuss/explain, please contact us by email.

Have a happy and healthy new year 2018!

Dr Debbie Frost

Electronic Repeat Dispensing Service (eRD)

If you, or someone you care for, use the same medicines regularly, you may not need a new prescription every time you need more medicine. You may be able to benefit from using the NHS electronic repeat dispensing service at your pharmacy.

The advantages of electronic repeat dispensing are:

- You do not have to contact the surgery to order your prescription.
- You can phone your pharmacy SEVEN DAYS before you want your medication and they can prepare it in advance for you, it's just like a standing order.
- No panic at bank holidays
- It is more convenient for you

The practice will be introducing this service in 2018 for certain patients on stable medication.

Speak to your doctor/nurse or local pharmacist if you think you may benefit from the eRD service.



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Meet The Team

Our Healthcare Support Workers:- Lisa McKay and Maria Till who support our Doctors and Nursing Team

They see patients for the following services:- Bloods, Blood Pressure, Flu jabs, B12 injections, Healthy Vessel, NHS Health Checks, Registration checks, Smoking Cessation and 24hour Blood pressure monitoring.

Next Practice Event

Dementia Carers Support Group

Talks from Alzheimer's society advisors and Dementia Friends
Wednesday 14th February 13:00-16:30pm
See website for details

Chronic Obstructive Pulmonary Disease (COPD)

Millway held a World COPD day on Friday 17th November organised by our nurses Gail Nolan and Ekene Taylor.

We had screening tests throughout the day.

Talks from ex-smoker Bryan Alcock, clinical pharmacist Darush Attar-Zadeh from the CCG who gave a talk on the current products there are to help give up smoking as well as demonstrating Inhaler techniques, as well as a talk from Pat Porter who runs Barnet's local the Breathe Easy Group.

If you missed out on our event day please go to the our website click on COPD Day for more information and guidance.

If you would like to quit smoking with us please contact reception and book in for a smoking cessation appointment



Patient Participation Group (PPG)

The Health Champions and the PPG are merging to become :-
Millway Practice Support Group

To note every patient is still apart of the Patients Participation Group, however we now have two sub groups

The Millway Practice Support Group (previously the health champions) are our volunteers who help to facilitate and organise events and self-help groups within the practice

The Millway Practice Support Committee members (previous PPG) that were elected at our last Annual General Meeting are :- Susan McDonnell—Chair person; Anne Yates and John Gumpwright—Joint Vice Chair; Richard Driscoll—Secretary; Jean Gaffin ;Tanya Midgen; Maria-Cristina Zimmerman and Nila Patel. They will help with the strategic planning of the practice's needs for the coming year.

In the coming months the MPSG will be launching a self help group for pre-diabetic and diabetic patients providing education and support

A Dementia carer's support group for those to meet other carers, receive advice and support

A coffee afternoon every 2nd Wednesday of the month for those who want to come along and meet others to enjoy a coffee and a chat.

A Knitting group for those who are keen to learn knitting or get help completing existing projects.

Look out on our website for more details

An Interview with...



Dr Nick Dattani, GP Partner

How long have you worked at Millway and

what did you do before? 4years 3 months
(previously completing GP training)

What do you like and dislike about working at Millway?

Like – the teamwork and spirit of everyone here

Dislike—when we run out of dark chocolate digestive biscuits!

What makes you laugh? Every single episode of “Friends”

How do you relax after work? Playing with our dog – she is full of energy and always puts a smile on my face

What is your favourite food? Mexican

If you were stranded on a desert island, what three items would you want with you?

Water (essential for survival), a solar powered torch (to see at night) and a Swiss army knife (to prepare food, protect and build shelter) – just thinking about the series “Lost”

If you were stranded on a desert island, what three records would you take?

Camila Canello – Havana

Ed Sheeran – Perfect

Charlie Puth – How Long

Currently my favourite three in today's Charts

What's your favourite film or TV programme? Right now I am waiting for the next series of The Good Fight to return!

What was the last book you read?

I cant remember, I do not like reading fictional books; they take too long to get to the end!

What would you do if you were Health Minister for a week?

I would like to see more of an investment into primary care. Most of the health service is delivered in this area and the channelling of resources is being diverted in the opposite direction. This makes everyday patients like ours feel that they are not able to access the care that they want; putting an even bigger pressure on GPs. We really do care about our patients and want to be able to offer more.

Website

You can now give feedback using our new online forms to either Comment, Compliment or make a Complaint

Look at our current Doctor's Groups as well as the latest practice news and events.

Visit our website at www.millwaymedical.com