

# NEWSFLASH !

## THE MEADOWS NEWSLETTER

For the Patients by the Patients : Winter 2023

**PRACTICE NEWS.** Welcome to this edition of the Newsletter which contains important information about The Meadows Surgery. This Newsletter is produced by the Practice Patient Participation Group (PPG) which meets regularly throughout the year. This gives PPG Members the opportunity to discuss with the Practice Manager the latest Practice initiatives & provide feedback on key topics. Find out more about the PPG & how to become a member on our Website at :

[www.themeadowsthrapston.nhs.uk](http://www.themeadowsthrapston.nhs.uk)

The Practice offers a wealth of services to the local community by not only providing a range of health care but also by promoting overall patient well being through access to specific local groups such as mental health and diabetes.

**COFFEE MORNINGS.** The Practice is proud to host regular Coffee Mornings for Veterans and the Bereaved. These are proving popular & provide a welcome opportunity, especially for the lonely and the vulnerable, to meet new people & share experiences.

The **Veterans' Coffee mornings** are held Quarterly and the next one will be on the **10<sup>th</sup> November at St James's Church, Thrapston** for a special service for our patients from 10.30 am to 11.30 am.

The Bereavement Coffee mornings take place **every Tuesday from 11.15 am to 12.15 pm.**



**COME & JOIN US !**

**FLU & COVID CLINICS.** The vaccination programmes have been running well with just under 2000 patients vaccinated so far.



**DON'T BE CAUGHT OUT !**

**EXTENDED ACCESS.** The Extended Access Service is available via the **Primary Care Network (PCN)** which enables patients to book an appointment at a time which suits them, including **evenings & weekends.** Patients will contact their GP practice in the usual way but may be offered an appointment with the GP Extended Access Service, **if this is right for them** & where there are no appointments available at their practice.

The service is provided by a **Central Hub** in collaboration with other, local GP practices. Our Central Hub is **Harborough Fields, Rushden, whilst The Cottons, Raunds** is also a hub for some services now. Clinical staff will be able to access patient records to ensure these are updated.

The services available include clinics for GP, Paediatric Nurse, Smears, Chronic Diseases, Menopause, Physiotherapy, Talking Therapies, Mental Health & Young Persons, Mental Health Workers, Social prescriber, Age Well.



**APPOINTMENTS.** The Practice Clinicians work tirelessly to provide the best possible service & care for patients. This is reflected in the number of appointments offered over the past 3 months which totalled **10,241.** Nevertheless, there were still some patients who **did not attend (DNA)** which is very disappointing. This not only deprives another patient of an appointment but also **costs the Practice** each time a patient does not attend!! **Remember, please telephone the Surgery to cancel an appointment** if you or a relative/friend are unable to attend the appointment.



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Patients can choose as to whether they are seen face to face or consulted with on the telephone. (If Covid is suspected a call will be made in the first instance). *Over 50% of patients are now choosing telephone calls over face to face appointments.*

**QUALITY IMPROVEMENT PROGRAMMES.** Patient well being is at the heart of what we do. The Meadows offers Bowel Cancer Screening, Breast Screening, Smears, NHS Health Checks, Over 75 Health Checks, Frailty Care Plans & Serious Mental Illness Reviews as well as Learning Disability checks & Screening for AAA (Abdominal Aortic Aneurysm).

**NON-PRESCRIPTION MEDICATION** Over the counter medicines as they are readily available from your local pharmacy & supermarket. Your Pharmacist can offer help & clinical advice to manage minor health concerns as detailed below. If your symptoms suggest it's more serious, they'll ensure you get the care you need.

- Mild skin conditions, such as acne, eczema, psoriasis, impetigo, athlete's foot
- Coughs & colds, including blocked nose (nasal congestion), & sore throats
- Bruises, sunburn, & minor burns & scalds
- Constipation & piles (haemorrhoids)
- Hay fever, dry eyes & allergies (including rashes, bites & stings)
- Aches & pains, including earache, headache, migraine, back pain & toothache
- Vomiting, heartburn, indigestion, diarrhoea & threadworms
- Period pain, thrush & cystitis
- Head lice (nits)
- Warts & verrucas
- Nappy rash & teething
- Conjunctivitis, cold sores & mouth ulcers

The NHS has been spending £Millions every year on prescriptions for medicines, such as Paracetamol, that can be bought in the local pharmacy or supermarket, By reducing the amount of spend on these types of medication, priority can be given to

treatments for more serious conditions such as Cancer, Diabetes, Mental Health issues, etc. It's always a good idea to have a First Aid box at home with, for example, bandages, plasters, pain relief tablets, antiseptic creams etc.



**HELP US TO USE RESOURCES SENSIBLY**

**REGISTRATION.** Patients in the catchment area wishing to register with The Meadows should call Reception or visit :

<https://www.themeadowsthrapston.nhs.uk/practice-information/registering-with-us/>



**JUST A CALL OR CLICK AWAY**

**ONLINE SERVICES.** You can request your repeat medication anytime very easily through System OnLine.

To register for this, apply at Reception with formal ID. Remember to order your medication one week before it is required to ensure both the Surgery & the Pharmacy have sufficient time to deal with your request.

**CONTACT DETAILS.** **It is important that your contact details are up to date.** The quickest way of contacting you if you have a mobile phone is **via sms/text**. Please let the surgery know if you have a mobile number or have changed your mobile number. Keeping your details current helps us to keep in contact with you.



**AND FINALLY ...Keep Safe & Well This Christmas!**

