

Greenmoss Medical Centre

News



Patient Newsletter edition 18: January 2025

Happy, health new year

Thank you to all our patients for their gifts and good wishes at Christmas. Very best wishes for a happy and healthy 2025.

Online health talk

Our first talk for 2025 will be on Tuesday 28th January at 6.30pm for an hour. This will be online via Microsoft Teams. The talk will be from a Physiotherapist about “back pain and safe exercises for all ages” (see attached)

If you would like to join, please email janet.weaver@nhs.net for a joining link.

Patients requesting a private referral - Guidance for NHS patients

The Department of Health and Social Care has published [guidance for NHS patients](#) who pay for additional private care.

The guidance says:

- your NHS care will continue to be free of charge
- you can't be asked to pay towards your NHS care, except where legislation allows charges, such as prescription charges.
- the NHS can't pay for or subsidise your private hospital treatment
- there must be as clear a separation as possible between your private treatment and your NHS treatment
- your position on an NHS waiting list shouldn't be affected if you choose to have a private consultation

Q: Do I need a GP referral for private treatment?

A: No. You can get private treatment from a consultant or specialist without being referred by your GP, but this is often decided by the private service. The British Medical Association (BMA) believes it's best practice for patients to be referred by their GP for specialist treatment so that whoever is involved in looking after the patient has all the necessary details to do so safely.

Q: Should I get a referral from my GP?

A: If your GP thinks you need to see a specialist and you want to pay for it privately, they can write a letter of referral to a private consultant or specialist explaining your condition and your medical history. Your surgery can advise you if a referral is necessary, and often speaking to your practice team on the phone will suffice. Some private referral letters may need to be paid for.

Q: Can I mix different parts of the same treatment between NHS and private care?

A: No – you can't choose to mix different parts of the same treatment between NHS and private care.

Q: If I have a private appointment, what can I expect after the consultation?

A: The private consultant should send a letter to you and your GP to summarise what was discussed and to explain any recommended treatment or tests they will be arranging. Any tests will need to be arranged privately in most circumstances.

Q: What if I need medication following the private consultation?

A: This will need to be prescribed privately by the clinician making the recommendation. Many private hospitals have their own pharmacies and are able to provide the medication at the same time as the consultation. If you are seeing someone virtually, they should be able to arrange delivery of any medication to you. You cannot get your medication via the NHS pharmacy.

Q: What if I have complications following private medical care?

Your private healthcare provider will normally treat any non-emergency complications that result from the private part of your care – for example, you might have side effects that need extra treatment.

Welcome to Change NHS: Help build a health service fit for the future

The NHS has been there for us for over 76 years. But to make sure it's here for the next 76 years, doing all it can to support the health of everyone, the Government needs your help.

The Government launched **Change NHS** in the Autumn of 2024 to hear your views, experiences, and ideas which will shape a new 10 Year Health Plan for England. This will run until spring 2025.

The plan will set out how to create a truly modern health service designed to meet the changing needs of our changing population. This will be focused on the three shifts that the Government, health service, and experts agree need to happen. This includes:

- moving care from hospitals to communities
- making better use of technology

- focussing on preventing sickness, not just treating it

In January 2025:

- There will be an update to the website [Change NHS](#) with more activities so that you can have your say on priorities

In February 2025:

- There will be more workshops with staff, taking place in person across England

In Spring 2025:

- The Government will hold a National Summit to bring together a selection of the public and workforce who attended the regional deliberative events to help finalise the plan.

Please take a look at the website for more information and to find out how you can get involved [Change NHS](#).

Overindulged over the festive period?

If you regularly drink more than 14 units of alcohol a week, try these simple tips to help you cut down. 14 units is equivalent to 6 pints of average-strength beer or 6 medium glasses of wine.

Make a plan

Before you start drinking, set a limit on how much you're going to drink.

Set a budget

Only take a fixed amount of money to spend on alcohol.

Let them know

If you let your friends and family know you're cutting down and it's important to you, you could get support from them.

Take it a day at a time

Cut back a little each day. That way, every day you do is a success.

Make it a smaller one

You can still enjoy a drink, but go for smaller sizes. Try bottled beer instead of pints, or a small glass of wine instead of a large one.

Have a lower-strength drink

Cut down the alcohol by swapping strong beers or wines for ones with a lower strength (ABV in %). You'll find this information on the bottle.

Stay hydrated

Have a glass of water before you have alcohol and alternate alcoholic drinks with water or other non-alcoholic drinks.

Take a break

Have several drink-free days each week.

Benefits of cutting down

The immediate effects of cutting down include:

- feeling better in the mornings
- being less tired during the day
- better looking skin
- feeling more energetic
- better weight management

Long-term benefits include:

Mood

There's a strong link between heavy drinking and [depression](#), and hangovers often make you feel anxious and low. If you already feel anxious or sad, drinking can make this worse, so cutting down may put you in a better mood generally.

Sleep

Drinking can affect your sleep. Although it can help some people fall asleep quickly, it can disrupt your sleep patterns and stop

you sleeping deeply. So cutting down on alcohol should help you feel more rested when you wake up.

Behaviour

Drinking can affect your judgement and behaviour. You may behave irrationally or aggressively when you're drunk. Memory loss can be a problem during drinking and in the long term for regular heavy drinkers.

Heart

Long-term heavy drinking can lead to your heart becoming enlarged. This is a serious condition that cannot be completely reversed, but stopping drinking can stop it getting worse.

Immune system

Regular drinking can affect your body's ability to fight infections. Heavy drinkers tend to catch more infectious diseases.

Bereavement support group

Two of our patients are starting this group which will be held at Greenmoss once a month. The group will meet on the third Thursday of the month from 12noon until 2pm. Please just come along.

Bereavement affects everyone in different ways, and it's possible to experience any range of emotions. You may feel lots of different emotions at the same time, or your feelings may change quickly. Your feelings may also be confusing at times. There's no right or wrong way to feel.

Your person may not have physically died but their illness or condition means that you have already lost the person you knew and loved. This is also a form of bereavement.

The purpose of the group is to give people who are grieving a safe, quiet space in which to talk or just to listen. No one in the group is an expert but sadly, we are all experienced in grief.



PATIENT HEALTH TALK

Please join us for our **FREE ONLINE EDUCATIONAL TALK**
Supported by **The Wilmslow Hospital (Part of HCA Healthcare)**

Tuesday 28th Jan 6.30pm – 7.30pm

Speaker – Mr Douglas Jones

Dear patient, we would like to invite you to join us for our next **FREE Online Patient Health Talk**
“Back Pain”

We are privileged to be joined by Mr Doug Jones, Sports Physiotherapist and Founder of Altius Healthcare working in partnership with The Wilmslow Hospital, who will be presenting on

**Causes of Back Pain, exercising correctly and how living a healthy lifestyle
can all help**

Q&A – Ask the Specialist

Please register your interest with Practice Manager Janet Weaver to receive the joining link

If you would like to find out more about Mr Doug Jones you can scan the following QR code.



Please ensure that you have **TEAMS** available on your computer or mobile device to join this event.