

In Good Health

Welcome!

Welcome to your new quarterly newsletter. Recent discussions with our PPG have resulted in the practice newsletter being reinstated. The last issue was published back in November 2015.

As the new Practice Business Manager at Adelaide Street Family Practice, I am hoping to get to know you, the patients over the next few years at the surgery. I have come from a Practice Management position at a training surgery in Bolton and hope to bring that knowledge to

improve on the already excellent service received at the surgery. I have a background in management; customer service and health and safety, with seventeen years working in the airline business and also running the family business. We have decided to commit to a quarterly newsletter to update the patients on all areas of the surgery; changes and topical events. Adam Gee is putting this publication together and we will be happy to take on board your suggestions for future publications. If you wish to submit an idea or suggestion for the newsletter, please use the suggestion box in the reception area.



Luan Stewart, Practice Business Manager

DNAs (Did not attend)

Each month we publish how many appointments have not been attended. These are displayed in surgery and on our website.

As a practice we would strongly advise that if you book an appointment, you record it carefully and you call to cancel if you are unable to attend, we are then able to offer this appointment to another patient. It is practice policy that if you persistently DNA then you will unfortunately be asked to find an alternative surgery.

Awareness Months

Each month each surgery has a full poster board dedicated to a different health related topic in order to help raise public awareness and education. This June we have been focussing on diabetes as diabetes awareness week ran from 11th to 17th June.

During this month we also ran a spot testing afternoon at Adelaide Street on the 21st June.

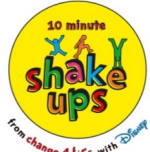
In the coming months we are going to be focussing on respiratory diseases such as asthma, COPD and lung cancer followed by bowel screening and why this is so important.

For further information please visit:

www.diabetes.org.uk
www.jdrf.org.uk

www.asthma.org.uk
www.blg.org.uk

www.bowelcanceruk.org.uk



Change 4 life is launching '10 minute shake ups' this July. The idea behind it is to keep children active over the summer holidays, with games and activities inspired by your kids' favourite Disney characters. The campaign officially launches on July 17th, but there are already many activities available on the change 4 life website:

www.nhs.uk/10-minute-shake-up

Staff Changes

We've had a few staff changes over the last few months. We gained two paramedic practitioners shortly before Christmas in the form of Barney Strange & Jude Duffy, and we are now pleased to welcome Jo Williams who joins our nursing team as a healthcare assistant. We are also happy to

announce that Luan Stewart has joined us as practice business manager, and Alix will be joining the reception team in July as an apprentice. We have unfortunately had to wave goodbye to a few people recently too. Kay Beaumont, Selena Colley and Mike Wain have all gone on to pastures new, and Dr Tina Mistry left us to give

birth to a beautiful baby girl. Jo Collier (reception) is currently on maternity leave expecting baby number two. We would like to extend a warm welcome to those joining us and wish those who have left, every success in the future.

Patient Participation Group (PPG)



“The Patient Participation Group for our practices - ASK - was set up by diabetic/asthma nurse Jo Booth, who persuaded several patients, me included, to attend an initial meeting to discuss what a PPG was, and how it could help both staff and patients in the future. We meet every two months and cover a whole variety of issues - it was the PPG who suggested a photo board of doctors and nurses in each reception area, which appeared within 4 weeks of the idea being put to the Practice Manager. Whilst that may seem a minor achievement, it is but one of many and the PPG works very well in conjunction with the Practice Manager, who attends every meeting, along with doctors, nurses and receptionists who are available at the time. Many topics are covered and our feedback is always welcomed. Come and join us. PPG is open to any of Adelaide Street or Kentmere Drive patients, young or old. Meeting rooms are disabled accessible. We would love to meet you.”

Vivienne Critchley
PPG Member

If you would like more information about the group, or would like to get involved, please call our dedicated message line on 07504 119097 and one of the group will call you back.

Alternatively, you can email the PPG at: ppg@blackpoolgp.co.uk Please do not use this email address to send patient-related emails, as the emails are copied to members of our PPG and therefore cannot be treated as confidential.

The next PPG meeting is scheduled for Wednesday 20th September, 12pm at Harris Medical Centre.

Practice Manager, Luan Stewart, would like to extend an invitation for anyone interested in joining the PPG to attend this meeting.

Travel Vaccinations

Holiday time will soon be upon us. If you are lucky enough to be going somewhere exotic make sure you give yourself enough time to have any vaccinations required. Simply enquire at the desk or on the phone, and a receptionist will be happy to pass on your enquiry to one of our nurses.



Since the Summer of 2010, a small group of patients, GP's, Nurses and Managers of the practice have been meeting to discuss how patients can get more involved in making decisions on how the practice is run. The group calls itself ASK PPG (Adelaide Street & Kentmere Patient Participation Group). Current PPG member Vivienne Critchley has provided us with a short introduction to the group, which will give you more of an insight into what the PPG does and the effect they have already had on the practice in the last 17 years.

University Students & Trainees

For those of you who will be starting out at university this September you may have already heard of the MenACWY vaccination. All students are encouraged to have this vaccination prior to attending university. The vaccine was introduced in 2015 in response to an increase in cases of strain W meningococcal disease which showed to be more prevalent in university populations. Appointments can be made with a nurse for this to be administered.

A Healthy Recipe To Try...

Lemon Prawn Kebabs

Ingredients

- ◆ 2 tbsp. olive oil
- ◆ Juice of 1 lemon
- ◆ 12 king prawns, fresh or frozen (defrosted)
- ◆ 12 cherry tomatoes
- ◆ 3 asparagus spears, cut into 4 pieces
- ◆ 3 wooden skewers, soaked in water

Nutritional Information:

- ◆ Calories—360
- ◆ Protein—21g
- ◆ Fat—28g
- ◆ Fibre—3g
- ◆ Carbohydrates—7g

Method:

1. Place the oil in a bowl, mix in the lemon juice and season well with salt & black pepper.
2. Add the prawns, tomatoes & asparagus and toss everything so it gets a good coating
3. Thread the prawns and veg onto the skewers and place them under a hot grill for 10 minutes, turning frequently
4. Serve with a dollop of Greek yoghurt (add 30 calories)



Fundraising

If you are a follower of our Facebook page you may have already noticed Dr Majumder's fundraising efforts, on behalf of the victims of the Manchester terror attack on 22nd May. On Sunday 28th May, he ran the Greater Manchester half marathon. This is a 13.1 mile route which passes by two of the UK's most iconic football stadiums, the Etihad Stadium and Old Trafford, as well as the Imperial War Museum and Albert Square. I am sure you would like to join us in congratulating Dr Majumder on completing this and raising funds for this very worthwhile cause.