



In Good Health

Primary Care Networks

The NHS has put out new and exciting guidance that we will be starting some new ways of working late in the year. All GP surgeries, while remaining independent, will also work with nearby surgeries for some projects. These groups of surgeries will be known as Primary Care Networks and our specific group will be called The Central West Primary Care Network.

The surgeries represented will be Adelaide Street Practice (including the Harris Medical Centre), St Paul's Medical Centre, Elizabeth Street Practice and South King Street Medical Centre. This will then cover a population of around 35000 patients. There has to be a Clinical Director – which is an elected post - for the network. We have decided to have a shared post. This will be a shared role for Dr Cruz Augustine

(Adelaide Street) and Dr Leanne Rudnick (St Paul's). There is also an elected Primary Care Network manager, Luan Stewart (Adelaide Street) has been chosen for that role. As the set up progresses and we get more information it will be shared with you. In the meantime we will be setting up a page on the website to keep our patients updated.

The first joint project was population health management - a pilot project to see if we can change the health of patients by improving their social issues. We have started to look at a specific group of patients who live in houses of multiple occupancy. If this pilot session works, it will be rolled out across the Central West Network. Have a look at the video on the website – under population health.

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.

Previous 3 months figures;
March - 312
April - 281
May - 310

Childhood Vaccinations

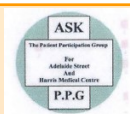
Each surgery runs clinics to vaccinate your children. These are held once a week, on a Wednesday morning at Harris and on a Thursday afternoon at Adelaide. Your child will be invited a total of 5 times. At 8weeks, 12 weeks, 16 weeks, 1yr old and for pre-school vaccinations when

3yrs 4 months old. If you have not received an invitation to these clinics and you feel your child is due to attend, or would like to check your child's immunisation status, then please contact either surgery.

Further information:
www.nhs.uk/Conditions/vaccinations

New Staff

2 new receptionists, Nikki & Shania, have joined us to cover maternity and an admin restructure. We are also joined by Christopher Gupta, a physician associate, who will fill the gap left by our previous associate Agitha.



Our patient participation group meets every 2-3 months to discuss matters concerning the practice and surrounding areas. We value patient input as this can only help us improve the service we provide. We also run our virtual PPG through facebook alongside the actual meetings, making these meetings accessible to those who can't attend. If you want to take part, you can find the facebook group by searching for 'Adelaide Street Patient Participation Group' and requesting to join, or turn up at our next meeting at Whitegate Drive Health Centre.

FY2's & Students

As a teaching practice, it may be quite common for a student to be present when you attend your appointment. If you would like to be seen without the student then please inform reception or the GP/nurse etc.



REMEDIES - Sexual Health Service

Remedies (an anagram of mereside) is a sexual health service provided by Adelaide Street & Harris Medical Centre. The service is open to all Blackpool residents, including those not registered with the practice.

The service aims to identify instances of sexually transmitted infections and

treat them accordingly. It is a completely anonymous and confidential service, where patients do not even need to give us their names if they do not wish.

Appointments can be made on our dedicated number:

07585 509689



DNA (Did Not Attend) Register

If you have visited the practice recently or our website, you may have noticed the number of appointments that are unattended each month. For example, in January this year 343 appointments were wasted because of non-attendance.

From June onwards we are piloting a new way of trying to deal with this called the DNA register. Patients who did not attend an appointment on at least 3 occasions in the last 3 months will be placed on the register. All patients will be

be notified by letter if this is the case.

If you are on the DNA register you can book appointments in the usual way but must either CANCEL or CONFIRM in advance that you will be attending. If you do not confirm, the appointment will be cancelled and made available for another patient to use. If you then come in for your appointment, you will not be seen, and will have to re-book. The letter you receive will inform you of when you need

to contact the practice to confirm your appointment.

If you do intend to cancel, this can be done in several ways. You can either;

- Call us
- Reply CANCEL to your text reminder
- Use online services (myGP, Patient Access)



Are you on facebook? Yes? So are we.

We recommend that all our patients join our facebook page to keep up to date with surgery news. Our page is updated regularly with information regarding not only the two surgeries, but also local health matters and other health related information.

The link for our page can be found at the bottom of this page.



Dates for your diary

1st & 2nd June - Lytham Kids Festival

8th & 9th June - Blackpool Pride

24th - 30th June - Blackpool Armed Forces Week

6th July - Wordpool Family Day (Stanley Park)

10th - 14th July - Lytham Festival

10th & 11th Aug - Blackpool Air Show

17th & 18th Aug - Lytham 1940s Weekend

26th Aug - Surgery Closed (Bank Holiday)

27th Aug - Ride the Lights

30th Aug - Illuminations switch on

Are you challenged with obesity, acute or chronic pain, depression, anxiety or stress? Maybe local charity 'Go Get You' can help. Paul will be at Harris Medical Centre on Wednesday mornings from 9:30am - 12:30pm offering information sessions. Appointments can be made via reception at Harris Medical Centre or on our website by



visiting the patients helping patients page and filling in the form in the section titled Paul.

Need a plumber, local pharmacy, or a local support group?

This information and a whole host of other information can be found in the FYI directory. The FYI directory is a new, unique directory for people across Blackpool, Fylde and Wyre. It brings together information about a wide range of local health and council services, community & social groups, wellbeing activities and events into one comprehensive source.



A Healthy Recipe To Try...

Chicken Chow Mein

Serves 3

Ingredients

Dash sunflower oil

1 onion, halved and thinly sliced

2 chicken breasts, shredded into 4cm long strips

1 carrot, cut into 2cm long matchsticks

125g shiitake mushrooms

1 courgette, cut into sticks

100g frozen soya beans, defrosted

ed

2 tsp Chinese 5 spice

2 tsp reduced salt soy sauce

2 cloves garlic, crushed

300g pack ready-cooked noodles

Method

1. Add the sunflower oil to a large pan or wok, then add the onion and cook for 2 minutes.

2. Next, add the chicken and stir constantly for 3-4 minutes, making sure the pieces don't stick together.

3. Add the carrots, mushrooms and courgette. Cook for a further 3-4 minutes, again, stirring constantly.

4. Next, add the soya beans, Chinese 5 spice, soy sauce, garlic and noodles.

5. Mix well for another 3-4 minutes until the noodles are hot through.

Each 444g serving contains

Kcal - 417	Fibre - 7.9g
Fat - 8.9g	Protein - 38.1g
Carbs - 42.3g	Salt - 0.80g
Sugars - 6.2g	Per Serving

Online Services

Would you like the freedom to book appointments outside of surgery hours, or to order your prescription at the weekend? You can do all this and more with GP online services. Your practice recommends the following 3 services;

- myGP (smartphone app)
- Patient Access (App & Website)
- NHS app (smartphone app)

