

Greetings from the PPG Chair



Welcome to the fourth edition of the Bingley Medical Practice Patient Participation Groups (BMP PPG)

Newsletter! I'm Jill Wadsworth, Chair of the group, and here is an important update on the group's activity for 2018.

In May 2018 we held our AGM, and from that meeting confirmed an action plan for 2018 into 2019. A few of the things we aim to do this year includes promoting the PPG to get more active members, encourage younger patients to join to address the specific needs of this age-group, and establish robust communication between the practice and their patients. This will involve regular meetings with all the BMP teams, such as doctors, nurses, and clerical staff. We'll also promote self-care and encourage patients to take responsibility for their own health. Finally, we'll be responsible for writing the annual Patient Survey, collecting data by handing

out the survey to patients in reception, and analysing the data to provide feedback for the practice.

If you have any questions, concerns, criticisms, or opinions and wish to contact me, my email is:

jillwadsworth56@gmail.com

You can also write me a note and place it in the secure box on the PPG table in the waiting area. We look forward to hearing from you!

**Jill Wadsworth
Chair, BMP PPG**

Barnardo's Young Carers Service

If you are a young person helping someone practically, or emotionally, you are a young carer. Being a young carer can be hard and tiring.

Sometimes you will need help or simply time to relax. Barnardo's Young Carers Service (BYCS) offers support if you are caring for someone at home with conditions such as mental illness, drug or alcohol problems, or physical impairment.

To find out more you can ask a social worker, youth worker, teacher, your doctor, or simply phone the service yourself on **01274 513300**.

The service is confidential and provides you with a key worker, a safe place, individual support, information, and advice. The service can also refer you to other sources of additional help if required. According to one young carer:

"Young Carers is fun because you get to meet more people. You get to go on trips to places that you choose, and Young Carers helps you understand others more."

So, if any of our patients at Bingley Medical Practice are young carers, or being supported by a young carer, please pass on our details. Let's get all our young carers the support that they deserve. BYCS can be found at the following address: **Bradford Young Carers Service, Barnardo's**, 40-42 Listerhills Science Park, Campus Road, Bradford BD7 1HR.

**Michelle Beaumont
Secretary, BMP PPG**


Barnardos

FREE basic life support training courses on CPR

Cardiopulmonary resuscitation (CPR) is an emergency procedure providing chest compressions for a person in cardiac arrest.

The PPG will be running training courses at the practice on:

**Monday 13th August at 6pm
Monday 29th October at 10.30pm
Monday 26th November at 2pm**

The training takes around one hour. If you are interested in taking part please leave your name and contact details with reception.

All ages and abilities welcome!



Blood tests: when and how

From 1st March 2018 Bingley Medical Practice will be offering a daily bookable blood test clinic and will not be running a

drop-in clinic. All appointments will be at Canalside unless specified otherwise, and a clinician must have already ordered all tests. Available slots are shown on the right. Once a month, the practice is also piloting an early Monday morning blood clinic: 7.10am - 7.40am. Contact the practice for more details.

- Monday 1.10-2.20pm
- Tuesday 8.10-11.00am
- Wednesday 10.00-10.30am (Crossflatts)
- Wednesday 1.10-2.00pm
- Thursday 8.10-11.00am
- Friday: 1.10-2.00pm

Moment in the sun: how to stay safe

The year 2018 has so far been one of the hottest on record, with lots of blue skies and baking-hot sun. To stay safe in the sun here is some advice for adults and children on sun safety and the use of sunscreen, for the UK and abroad.

Sunburn increases your risk of skin cancer, and doesn't just happen on holiday – as we've seen this year, you can burn in the UK even when it's cloudy. There's no safe or healthy way to get a tan, and a tan doesn't necessarily protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Here are some sun safety tips

For Noel Coward, only fools, mad dogs and Englishmen go out in the midday sun. Let's do our best to follow his advice and stay indoors during the hottest time of the day. This means spending time in the shade when the sun is strongest. In the UK this is between 11am and 3pm from March to October. You must also make sure you:

- Never burn
- Cover up with suitable clothing and sunglasses
- Take extra care with children
- Use at least factor 15 sunscreen

What factor sunscreen (SPF) should I use?

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest. When buying sunscreen, the label should have:

- A sun protection factor (SPF) of at least 15 to protect against ultra-violet B rays
- Creams with at least four-star ultra-violet A protection

Protect your moles

If you have lots of moles or freckles, your risk of getting skin cancer is higher than average, so take extra care by avoiding getting caught out by sunburn. Use shade, clothing and a sunscreen with an SPF of at least 15. Keep an eye out for changes to your skin. Changes to check for include:

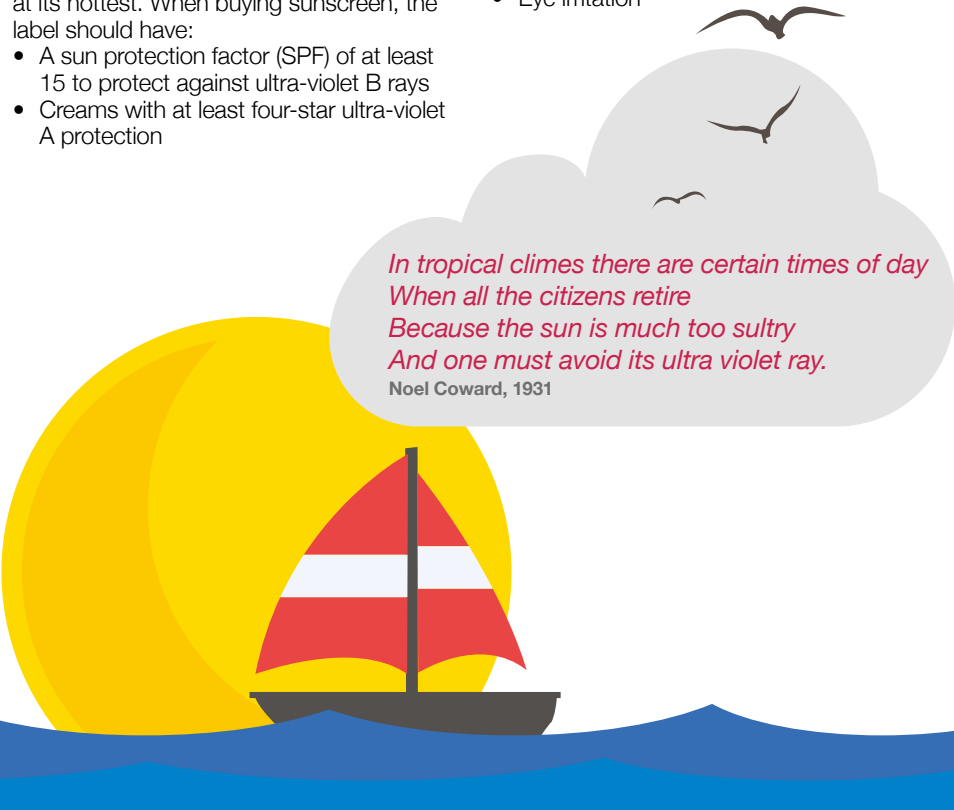
- A new mole, growth or lump
- Any moles, freckles or patches of skin that change in size, shape or colour

Report these to your doctor as soon as possible. Skin cancer is much easier to treat if found early. You can use a mole self-assessment tool to see whether or not you could have a cancerous mole. These are available on the NHS website.

Using sunbeds

The British Association of Dermatologists advise not using sunbeds or sunlamps - these can be more dangerous than natural sunlight as they use a concentrated source of UV radiation. Health risks linked to sunbeds and other UV tanning equipment include:

- Skin cancer
- Premature skin ageing
- Sunburnt skin
- Eye irritation



*In tropical climes there are certain times of day
When all the citizens retire
Because the sun is much too sultry
And one must avoid its ultra violet ray.*

Noel Coward, 1931

Farewell message from Dr Bridget Pitcairn

In April 2018, Dr Bridget Pitcairn retired from Bingley Medical Practice after many years of service. She'll be greatly missed, and before leaving she shared the following for our newsletter:

Thank you all for your kindness, with so many cards, flowers and gifts on my retirement from Bingley Medical Practice. I'm very grateful for your gracious words in your cards, and for wishing me a long and happy retirement.

I am sorry to leave, but also very grateful for the time shared with everyone at the practice, and for the memories I have. It's always the people we meet that make life so very special and rewarding, and give us those happy memories.

I feel privileged to have met so many amazing and inspirational people. May I have the strength and courage that has been shown by those I've met, and I thank you for sharing part of your life with me.

**Thinking of you all,
Bridget Pitcairn**

Fundraising at Bingley Medical Practice

Many recent discussions at the Patient Participation Group meetings have included fund raising. You might well ask why do we need funds? What are these funds for? Although much of the work done by the group on your behalf is to promote good working relations with the practice, it's becoming increasingly obvious that all patients need more information about self-help. One way to do this is to install a display screen in the waiting area, showing information and resources for increasing awareness about maintaining health. The practice staff also agree this is a positive move.

We could obtain a display through funding from drug companies, or supplied by companies likely to use the medium to self-advertise. This is not what either the practice or patients wish, however. The cost of the equipment is around £1700. So, after a long preamble I'm seeking some brilliant ideas to help us in our pursuit to raise funds! I'm sure many readers have suggestions, and we look forward to hearing from you. Talk to one of us, or drop a comment in the PPG secure box in the waiting area.

**Norma Bartle
BMP PPG Executive Committee**

Volunteering for Sue Ryder: a personal view

The first year of my retirement was lovely, but after I while I felt I had too much time on my hands. Reading an article in the Telegraph and Argus asking for volunteers at Sue Ryder Manorlands, Oxenhope, I decided to apply. I've never looked back!

Manorlands is an old house in its own grounds, and an amazing place. One day I even found two baby deer on the drive; though they soon moved on!

I also go to Airedale Hospital as a Sue Ryder volunteer each Tuesday from 9am-3pm. I work in the gym working with patients with a variety of conditions such as motor neurone disease and Parkinson's disease. This is a normal gym with patients working round all the equipment with an allocated volunteer to make sure they are safe. They usually stay until around midday, when they are relocated to the drop in centre at the other end of the hospital. Here, they have refreshments and an opportunity to chat with other people. The carers - sometimes the patients' partners - drop them off at the gym and then spend the morning at the drop in centre doing craft work, such as painting, or just talking with other carers and staff. On a Tuesday I usually bake cakes for the centre. On Wednesdays I go to Manorlands and take the morning tea trolley round and chat to the patients. It's a lovely way to spend time!

Margaret Tetley
BMP PPG Executive Committee

Sue Ryder

If anyone is interested in volunteering, you're free to do as much or little as you want.

You can get more information on their website here:
www.sueyder.org/care-centres/hospices/manorlands

If you want to telephone Manorlands, the number is: 01535 642 308 or email: manorlands@sueyder.org



PPG SECURE BOX THE TRACK OF YOUR COMMENTS

When you place a comment, question, or complaint in our PPG secure box, on our table in reception, it's collected by one of our members. The PPG chair then raises the issue at the next PPG meeting, and, if necessary, passed on to the practice manager. Feedback is always available at the next PPG meeting.

If you leave a contact name or email address the chair or secretary can get back to you. You can also follow up your comments, question, or complaints in minutes that are taken at every PPG meeting, which are kept in a folder on the PPG table in reception. Here is one example:

Comment:

Is it true that the GP's computers do not receive information on patients from the BRI?

Response after consulting with the practice manager:

Yes, it is true. Some departments at the BRI use a system that is compatible with BMP's system, but some departments use a different system. Here, patients' reports have to be faxed. The PPG is taking this further, and will report with an update at the next meeting.

You should feel free to use the comment system so the PPG is able to take up important issues with the practice.

Kathie Naylor
BMP PPG Executive Committee

Cardio-pulmonary resuscitation (CPR)

What is CPR?

Cardiopulmonary resuscitation (CPR) is a life saving procedure given to someone who is in cardiac arrest. CPR entails pressing up and down on a certain part of a person's chest, and doing a series of 'rescue breaths'.



What is a cardiac arrest?

This is when the heart is unable to pump blood around a person's body, usually due to a problem with the heart's electrical conduction. This means it can't contract in the usual way, leading to a rapid fall in a person's blood pressure and then collapse. Causes of a cardiac arrest can include a heart attack, an electric shock, or the result of severe breathing problems, such as chronic obstructive pulmonary disease (COPD). Sometimes a defibrillator can restore the heart's rhythm, though this depends on the initial reason for the cardiac arrest.

Jill Wadsworth
Chair, BMP PPG

I've been running CPR courses at the practice regularly for the past year. To date, over 60 people have attended the course. I'm hoping many more of you will choose to put your name down. It's free it only takes about one hour! See the notice on the front cover for more details.



PRESCRIPTIONS

You can now order more of your current approved medications in a number of ways.



- 1 Using **SystemOnline** - this is an online system that is accessed from the Bingley Medical Practice homepage. You first need to **register** for this service.
- 2 Completing an online form - also available from the Bingley Medical Practice homepage.
- 3 By email here:
prescriptionsbingleymedical.org.uk
- 4 By post
- 5 In person at reception
- 6 By telephone - simply ring the practice, and follow the instructions.

Please allow 2 working days for the prescription to be processed.

You can collect your prescription from our Reception, or it can be sent to one of Bingley's local pharmacies, or any pharmacy in the UK, using the NHS Electronic Prescription Service: www.bingleymedical.org.uk/more/electronic-prescriptions
Just let us know which suits you best.

Help with prescription costs

If you are paying for regular prescriptions, you might save money by applying for an NHS Prescription Pre-Payment Certificate.

These last for 3 or 12 months, and once purchased cover the cost of all your prescriptions during that period.

Airedale Hospital - updates

On the 11th May 2018, we gave our goodbyes to **Bridget Fletcher** on her retirement. Bridget was trust Chief Executive for eight years, and it was with sadness we saw her go, especially as any change at this time in the Health Service is to be regretted. The Board elected a worthy successor in **Brendan Brown**, previously Chief Nurse and Deputy Chief Executive at Calderdale and Huddersfield Foundation Trust.

I'm sure he will find the hospital in good shape, and very willing to listen to any ideas he has on how to improve the patient experience. One recent development is around speeding up patient discharge, something we've been seeking for some time. It's a small change on the wards, but now means that patients should be able to leave hospital by lunchtime rather than later in the day - and it cost nothing!

The new Acute Assessment Unit (AAU) opened to patients on the 25th April 2018 and is a huge success. The majority of patients will enter the AAU via the emergency department, for full assessment by medical or surgical teams. Previously, assessment units were attached to particular hospital wards. Having a single unit is time saving for clinical staff, as they are now actually seeing patients instead of having to walk from ward to ward. The AAU is a 48-bedded unit with en suite facilities, divided into bays each of which has 4 beds. There are also single rooms, and a relatives room. I was impressed when I looked around, as I'm sure you will be if you have to have to use the facilities or visit someone in the unit. Having the centralised AAU also means that, after assessment, a patient can be transferred immediately to the correct ward, which has proved of great benefit to patients.

NHS70

The hospital will also be celebrating the 70th anniversary of the NHS this year, and we are looking for help and contributions. If you're interested you can contact us.

Email: communications@anhst.nhs.uk
Post: Communications Team, Ward 12, (A27) Airedale Hospital, Skipton Road, Steeton BD20 7EW.

I am sure there will many with memories or newspaper cuttings about the history of Airedale Hospital, which opened in 1970. Indeed, one interesting fact is that Airedale was built to designs submitted in the 1960s by architect John Poulson, later caught up in a financial scandal - unrelated to Airedale of course - that leading to the resignation of Home Secretary Reginald Maudling in 1972.

I'm David Child, Governor for the Bingley area. If you wish to contact me you can do so on:

Email: d.child@nhs.net
Telephone: 01535 294540

Bingley Medical Centre 01274 568383 www.bingleymedical.org.uk

First aid in the home: what you need

As part of the self-care initiative, it's useful to have a store of items to keep in the home so to deal with minor injuries such as cuts and bruises. In addition to a basic guide on first aid, such as that produced by St John Ambulance, you'll also need the items shown in the list on the right.

Kathie Naylor
BMP PPG Executive Committee

To get a free first aid guide, you can ring St John's Ambulance on 0844770 4808 or go online at sja.org.uk

- Gloves
- Dressings - medium and large
- Triangular bandage
- Safety pins
- Plasters
- Eye pads
- First aid tape
- Antiseptic wipes
- Foil blanket
- Scissors
- Burns dressing
- Antiseptic cream
- Analgesic tablets (make sure to follow the instruction for correct use)



Many, if not all of these items, can be purchased in a chemist's over the counter.

