

Welcome to Springtime



Welcome to our Spring edition of Bingley Medical Practice's PPG Newsletter. I hope you are all enjoying the longer and

lighter days. With the spring flowers poking their heads above the ground and new life beginning all around – I hope, like me, you feel a little lighter of mood and less dragged down by the long cold days.

In this edition, Janet, our editor, has some interesting articles for you explaining our plans and projects. There is information and

an invite to the AGM, CPR dates, recycling of blister packs and collection/food point information, an update on sustainability to mention just a few.

Our aim over the next few months is to grow the PPG – if you have not already joined, please do, and also encourage your friends and neighbours too! We consider that all registered members of the Practice are members of the PPG, but due to the Data Protection Act, we can only make contact with you if you apply to join us.

If you don't feel you have the time to join us but have comments, and suggestions, we ask for your continued support by placing your suggestions in the box marked up in the reception area. We will do our best to address, and resolve any concerns, or issues, you may have relating to our Practice.

Happy Spring everyone.

Jill Wadsworth, Chair of the PPG at Bingley Medical Practice



OUR NEXT AGM

The Annual General Meeting of the Bingley Medical Practice Patient Participation Group will be held on:
Monday 15 May 2023 at 18.30

It will be held at:
The Conference Room
Canalside Health Care Centre
2 Kingsway, Bingley BD16 4RP

If you can join us, you will be made very welcome. Refreshments available.

Our speaker will be:
Helen Smiley, Project Manager for the Community Partnership

COMING SOON

Active travel now accounts for 20% of all minutes of activity taken by adults in England.

More people than ever are regularly walking or cycling rather than using the car. Could you walk or cycle more – is there anything we can do to help you?

“Spring is the time of plans and projects.”

Leo Tolstoy



Securing Airedale's future



Hi, your Airedale Governor, Peter Home, here. To continue delivery of its high level of service to the patients, I'm bringing you the latest update on the securing of funding to build a new hospital for Airedale, and the ongoing hospital programme of works to maintain the deteriorating assets until that is built. Works on site on the buildings are likely to continue for at least the next six years, as this is the time required to deliver a new hospital, from when funding is confirmed.

New office block taking shape

Contractors have been busy during February, installing 66 huge panels which form the main structure of the modular building.

The new building is three floors and will be fully accessible and built to the latest standards, providing a clean and bright, modern working environment, which is fully climate controlled.

The building also supports our sustainability agenda as it is heated using an air source heat pump, and is well insulated, helping to reduce our carbon emissions.

Work is expected to be complete on the building in the summer with teams from a number of areas affected by Reinforced Autoclaved Aerated Concrete (RAAC) and other structural works over the next 12-18 months.

This has been a complex project moving at pace to create safe alternative office accommodation for colleagues, which will also free up former ward areas to convert back into clinical space. The Trust is working closely with teams who will relocate into the building to ensure the best environment is created to meet their needs.



Progressing our plans for a new hospital

The Trust has been working with the New Hospital Programme who have been scoping the proposed hospital schemes put forward by the five hospitals built with Reinforced Autoclaved Aerated Concrete (RAAC) planks as part of an Expression of Interest process. The process has been invaluable in terms of understanding the latest approaches to hospital development and for collaborating with a wide range of professionals and peers across the construction and healthcare industries. It has also provided an opportunity for the Trust to share the abundance of opportunities that a new hospital development will bring and the pace at which this could be delivered on the hospital grounds.

Work continues to update our "strategic outline case" which was first published in late 2020, to incorporate new information in relation to population growth, demand for services, and the development of the integrated care systems, which wasn't available when the first iteration was produced. We continue to share these latest developments with the New Hospital Programme as part of their "due diligence" process.

Although a firm date has not been given, the Trust remains hopeful that an announcement will be made soon, and that Airedale will be included as one of the remaining schemes selected as part of the New Hospital Programme.



The up-to-date position on Airedale's Securing the Future programme can be viewed on the website. <https://airedale-trust.nhs.uk/about-us/securing-the-future-of-airedale>

Our medical secretaries

Continuing our series of “Who’s Who” at Bingley Medical Practice, in this issue we are featuring our Medical Secretaries. They tell us their jobs are very varied with no two days alike.

The Medical Secretaries responsibilities include:

- Processing referrals – letters – GP/patient queries for secondary and community care.
- Processing advice and guidance requests.
- Keeping referral processes and contact details updated - changes are constant.
- Liaising with clinics/GPs/clinical staff/patients and management.
- Training and helping GP trainees with the referral processes.

Some of their day-to-day responsibilities include:

- Actioning secretarial tasks and emails in secretary’s workload. Tasks and emails are received from across the NHS services in the UK.
- Making sure urgent tasks are processed within 24 hours.
- Reports and examinations, private GP work.
- Administration – medical summarising, deductions, medication and stationery ordering.

Flexibility is important in such a busy environment. I visited on a Monday morning and Jayne told me about the enhanced access rota. Reception and admin staff are on this rota to cover the service. Today was Emma’s turn and she would be working until at least 9.30pm.

All staff are trained to tactfully deal with patients who may be upset, and occasionally verbally abusive, maybe due to their illness. It is essential they remain calm and use the mechanisms they are taught to help them to deal with any situation.

We are fortunate to have three medical secretaries

ANNABEL



I came to work at Bingley Medical Practice as a Medical Secretary 8 years ago from Bradford Royal Infirmary where I had been a Medical Secretary for 24 years. I live locally with my husband and outside of work, now our children are young adults, I enjoy gardening, decorating and socialising with my friends - making the most of the local coffee shops/bars!

JAYNE



I have worked at Bingley Medical Practice for eight years. I received training to become a Medical Summariser and then a Medical Secretary. I work within a busy multi-tasking team where every day is different, bringing new challenges and opportunities to learn.

EMMA



I joined Bingley Medical Practice in 2020, right at the start of the pandemic, which was a very challenging time for everyone. But with excellent management and commitment from a very dedicated team, we managed to continue to give our patients the care they deserved. I joined as part of the Data Team with coding being my main role but I have recently trained with Jayne and Annabel to learn the role of Medical Secretary.

Helping you through those sticky times

Treacle is an easy-to-use directory of all local and national “social prescribing services” that can help with many of today’s problems, including health issues, money concerns, and social contact. It has been fully funded by the local NHS so is free for all Bingley Medical Practice members to use. www.treacle.me



Why do I need to do CPR when someone is in cardiac arrest?

A cardiac arrest is a serious emergency.

It happens when there's an electrical problem in the heart and it suddenly stops pumping blood around your body. When your heart stops pumping blood, your brain gets no oxygen. It causes the person to fall unconscious and stop breathing. Without CPR the person will die within minutes.

What if their heart is beating but they're not breathing?

How to do CPR in 5 steps

Do I need to give hands only CPR because of Covid 19?

Can I give rescue breaths if I want to?

How do I do CPR with rescue breaths?

Is a cardiac arrest the same as a heart attack?

DID YOU KNOW

In 1965 Northern Ireland cardiologist Frank Pantridge invented the portable defibrillator, an emergency device that helps failing hearts, and has since saved millions of lives.

Learn CPR and save a life

Cardiopulmonary resuscitation (CPR) is an emergency procedure providing chest compressions for a person in cardiac arrest. The PPG run training courses at the practice which take around an hour. If you are interested in taking part please leave your name and contact details with reception.

Our courses will be held on the following dates:

Monday 22 May 2023 at 18.30
Monday 12 June 2023 at 18.30
Monday 24 July 2023 at 18.30

Hoping to see you at one of these sessions.

All ages and abilities welcome!

If you want answers to the above questions, sign up for our CPR training courses. We, the PPG, run six free courses a year. If you are interested, please see above or enquire at the reception desk.

Blister pack recycling a hit!

Brilliant! Well done! Excellent! Fantastic news, thank you!

These are just some of the comments we've received since setting up our latest initiative. You can now recycle your empty medicine blister packs at the practice and join the UK's first medicine packet recycling programme. David, husband of Jill, chair of our PPG, has used recycled Perspex and wood to make us this wonderful container. Thank you, David, we really appreciate it.

We wish it wasn't necessary for so much packaging to be used for our medication but are happy to know this difficult to recycle material is being turned into boards for the construction industry.

Please make sure your blister packs are empty when you bring them to us.

Please remember we also run a collection point for the Bingley Food Bank. The box is next to the blister pack in the waiting area in the practice. Please drop off any donations you have and we will make sure they get to the food bank where they are really appreciated.

