



Gosforth Memorial Medical Centre

Patient Group Newsletter - Vol No. 9 Winter/Spring



Welcome to the 9th Newsletter of the Patient Group at our GP Practice

Car Park Improvements



The Patient Group was involved in discussions regarding the reorganisation of the car park. The new layout is designed to be safer especially for pedestrians, with a protected walkway around the front of the building for people coming from the High Street. The group has long campaigned for a safe place for bikes, and was delighted to see that the new design has a proper bicycle park. Additionally there are now two Parent and Child spaces. The car park is owned and maintained by NHS Property Services, not the Practice, nor the clinic next door. As ever we appeal to people only to park in the car park when they are attending the surgery or the clinic. This allows patients who really need close access to the buildings to be catered for.



Patient's Association

The Patient's Association is an advocacy group which aims to improve patients' experience of healthcare. It is a national organisation which therefore tries to keep the patients up to date with what is happening in various aspects of health. This may include new research, consultations about changes in the Health Service and items of news concerning health. It has a weekly newsletter which can be viewed on the internet. The newsletter often provides links to other organisations, where the topic under review can be viewed in greater depth. There is no charge for accessing the website, but you do have to register your email address. To do this go to www.patients-association.org.uk



Quality and Outcomes Framework

One of the patient group recently attended an NHS consultation about the future of this framework, which is a structure used by GPs for the management of chronic diseases. It has been seen generally as improving the quality of care for patients both clinically and organisationally. The review asked those members of patient groups attending to outline their view of what made a good and effective GP practice especially in connection with the organisation of patient care. Our contributor felt that as our practice had received an Outstanding outcome from the CQC Inspection that we had much to contribute to the discussion. Future issues seemed to centre on the use of online and telephone services and our views about the future in terms of digital technology in the surgery were sought. The outcomes of the review will necessarily take some time.

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GMMC RECEPTION - 0191 285 1119

WEB - www.gosforthmemorial.nhs.uk

PPG CHAIR CONTACT - ppgchair.gmmc@gmail.com

Consultation on Urgent Care Services

Recently there has been a consultation process conducted by the Newcastle Gateshead Clinical Commissioning Group about the future of Urgent Care Services. These are the services which are available to provide medical services for minor injuries and illnesses. This is separate from the Accident and Emergency Department which provides emergency care for people with life-threatening conditions.

The aim of the consultation was to look to the future to see what improvements and changes might be possible in the provision of these services. Views were sought about:

- **How we can look after ourselves (self care)**
- **NHS 111 – the non-emergency telephone service from the NHS**
- **GP practices**
- **GP out of hours services**
- **Community Pharmacies (Chemists)**
- **Walk-in Centres**

Much of the discussion in a consultation group attended by one of our members centred around the provision of walk-in centres. These were seen as a positive and practical contribution to the range of facilities for care in the City. Currently there are **4 Walk-in Centres** in the city: Molineux St, Byker; Ponteland Road, Cowgate; Westgate Road on the old General hospital site; and one at Lemington. These centres are open 8am to 8pm 7 days a week except for the Lemington Centre which is open part time.

They offer services such as treatment for coughs and colds, high temperature, cuts grazes and bruises, bites and stings, stomach upsets, ear nose and throat problems, minor burns and scalds, emergency contraception, sexual health advice, minor skin infections and rashes, ear syringing and urinary tract infections. Walk in Centres are not able to treat children under 2 years of age, nor eye injuries.

For eye injuries you should go to the Emergency Eye Department at the RVI. A&E should be used for symptoms such as chest pain, shortness of breath, head injuries with neurological symptoms, back neck shoulder, hip or rib injuries rather than walk-in centres.

We await the outcome of the consultation with interest.



Consultation on the role of Pharmacy Services

Our patient group also responded to a local survey about the role of community pharmacies or local chemists. Pharmacists are well trained and very knowledgeable and the survey was designed to find out about people's perceptions of the role of the Pharmacy within the community and whether or not the services provided by pharmacists could be extended beyond what is done at present. The ideas ranged from blood pressure checks through hair loss to weight management services and beyond. Whatever new services were to be available from the pharmacies, the group felt that these should be monitored for quality and effectiveness and that outcomes of any testing or injections should be transmitted to the GP practice to be entered on to the patient record. On a different note you may be interested to know that a Community Pharmacist operating through the Clinical Commissioning Group works with the practice staff once a week to review patient's long term medication.



Keeping Yourself Healthy Locally – Pilates

In our newsletters we focus on different methods of trying to keep yourself fit and healthy in the local area. This time our focus is on Pilates. Pilates was developed by Joseph Pilates, who believed that mental and physical health were closely connected. The aims of Pilates are to strengthen the body, emphasising core strength, and improve general fitness and wellbeing. Most Pilates classes make use of mats and simple equipment such as stretch bands, but in specialised centres more advanced equipment may be used. As with Yoga, breathing in the correct way is important. Those who practise Pilates say that it can help improve posture, muscle tone, balance and joint mobility, as well as relieving stress and tension. As a muscle strengthening and toning activity it is suitable for people of all ages and fitness levels. Most of the major fitness organisations locally offer Pilates classes. The group has tried to find other local locations where classes take place and these are listed below. We must state that neither we nor the Practice can be held responsible for the accuracy of the information nor is this a recommendation for a particular class.

Local Pilates classes:

Mondays, Thursdays - Trinity Centre - Kirsty 07891012928

Thursdays -Trinity Centre - Ruby 07941782877

Wednesdays - Trinity Centre - Rachel 07722358080

Mondays, Saturdays - Gosforth Pool - 0191 2559828

Mondays, Tuesdays, Thursdays - Jesmond Pool - 0191 2812482

Mondays, Tuesdays, Saturdays - St Nicholas Church Hall - Rachel 07944660040

Mondays - St George's Church Hall - Rachel 07944660040

Wednesdays Woodlands Hall - Sharon - 0191 2362838



To find out more about Pilates go to the NHS Choices website – www.nhs.uk/nhschoices and search for Pilates.

NHS Consultations

The NHS regularly carries out consultations with professionals and the general public. Recent examples which may be of interest to patients include: The proposal to presume consent to organ and tissue donation, unless there is a specific opt-out www.engage.dh.gov.uk/organdonation Closure date March 6th 2018 The proposal to restrict prescriptions for a some medicines readily available over-the-counter for a number of conditions www.engage.england.nhs.uk/consultation/over-the-counter Closure date March 14th 2018

New location of the Patient Group Noticeboard

The noticeboard for the Patients Group in the Surgery will be moving. Instead of being in the entrance area, where buggies are parked, it is to be on the right hand side of the reception area in the waiting room. As a result of this move the group aims to keep patients more aware of our activities, as well as about national and local consultations.

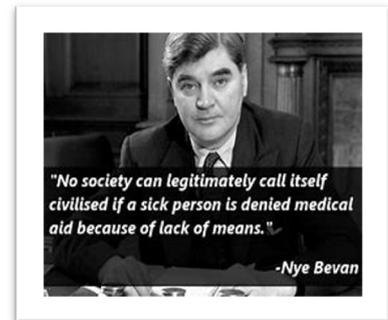


July 5 1948 – The NHS is born

When health secretary Aneurin Bevan (image right) launched the NHS at Park Hospital in Manchester (today known as Trafford General Hospital), it is the climax of a hugely ambitious plan to bring good healthcare to all. For the first time, hospitals, doctors, nurses, pharmacists, opticians and dentists are brought together under one umbrella organisation to provide services that are free for all at the point of delivery.

Since the beginning of the NHS there have been many milestones, here are a select few.

- 1952 – CHARGES OF ONE SHILLING ARE INTRODUCED FOR PRESCRIPTIONS
- 1954 – SMOKING AND CANCER LINK ESTABLISHED
- 1958 – POLIO AND DIPHTHERIA VACCINATIONS PROGRAMME LAUNCHED
- 1960 – FIRST UK KIDNEY TRANSPLANT
- 1961 – THE CONTRACEPTIVE PILL IS MADE WIDELY AVAILABLE
- 1962 – FIRST FULL HIP REPLACEMENT IS CARRIED OUT BY PROFESSOR JOHN CHARNELY
- 1967 – THE ABORTION ACT
- 1972 – CT SCANS REVOLUTIONISE THE WAY DOCTORS EXAMINE THE BODY
- 1978 – THE WORLD'S FIRST BABY IS BORN AS A RESULT OF IN VITRO FERTILISATION (IVF) - LOUISE BROWN
- 1979 – THE FIRST SUCCESSFUL BONE MARROW TRANSPLANT ON A CHILD TAKES PLACE
- 1980S – KEYHOLE SURGERY PIONEERED
- 1987 – HEART, LUNG AND LIVER TRANSPLANT
- 1988 – BREAST SCREENING INTRODUCED
- 1994 – NHS ORGAN DONOR REGISTER IS SET UP
- 1998 – NHS DIRECT LAUNCHED
- 2007 - INTRODUCTION OF ROBOTIC ARM LEADS TO GROUNDBREAKING HEART OPERATIONS
- 2008 - HPV VACCINATION PROGRAMME
- 2010 - UK'S FIRST COCHLEAR IMPLANT OPERATION TO GIVE SOUND IN BOTH EARS
- 2011 - SUCCESSFUL TRIAL OF AN ARTIFICIAL PANCREAS
- 2013 - WORLD'S FIRST LIVER KEPT ALIVE OUTSIDE THE HUMAN BODY AND THEN TRANSPLANTED SUCCESSFULLY
- 2018 - NHS CELEBRATES 70 YEARS OF PROVIDING FREE HEALTHCARE TO ALL. HERE'S TO THE NEXT 70 YEARS!



THANK YOU TO ALL WHO WORK IN THE NHS - WE COULD NOT EXIST WITHOUT YOU

