



KIRKBURTON HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER AUTUMN 2019

Our Newsletter can be viewed on our website www.kirkburtonhealthcentre.nhs.uk , or by email upon request.

STAFF UPDATE

Dr Emma Travers has left the Practice as a partner. We were all very sorry to see her go and wish her well in her new ventures. We are pleased to announce the appointment of Dr Safiya Dabhad as a salaried GP and extend a warm welcome to our new registrars Dr Emily Lancaster, Dr Farah Javid and Dr Mohammed Junaid.



FOCUS ON – Dr Safiya Dabhad

Safiya qualified as a doctor at the University of Leicester in 2014. She returned to Yorkshire to complete her Pennine (Calderdale and Huddersfield) GP training and worked as a Registrar with us. Safiya said: "I was delighted to be offered the position of Salaried GP at Kirkburton Health Centre. It is a real privilege working with such a supportive team, who are committed to providing the best possible care for our patients. Moving forward, I intend to build on my knowledge and skills in women's health."

PRIMARY CARE NETWORKS

As part of the NHS Contract, practices have been put into Primary Care Networks (PCNs). Our Practice is part of the **Mast Primary Care Network**. Our network partners are Shepley, Skelmanthorpe, Dearne Valley, Lepton and Kirkheaton surgeries. We are the smallest network within Greater Huddersfield CCG, consisting of 35,000 patients. Working together, the practices will enhance and improve access to services for our patients.

The Mast PCN is now offering extended hours appointments and phlebotomist appointments to all patients within the five Practices. Patients can ring their own Practice and be offered appointments at any of our partner practices, as the practices have extended hours and phlebotomy clinics at different times and days.

There are many other initiatives underway, and we will keep all patients within our Network informed, as these are launched.

PATIENTS WHO DID NOT ATTEND APPOINTMENTS – JUNE – AUGUST 2019



JUNE	112	7.3%
JULY	99	7.0%
AUGUST	108	7.5%

GP appointment?
Can't make it?
Don't need it?

CANCEL IT!

Patients who fail to attend their appointments and do not inform us, incur significant cost to the Practice and to other patients in terms of lost appointments. If you miss three appointments in a twelve month period we will consider removing you from our patient list. You will then have to register at another Practice in the area. **If you do not need your appointment, or simply want to change it, call 01484 602040 or email reception.kirkburtonhealthcentre@nhs.net.** Thank you for your co-operation.

ANNUAL REVIEW – RECALL SYSTEM

Patients with various medical conditions, as well as patients taking certain medication, need to be reviewed by a nurse, pharmacist or doctor once a year, or more frequently in some cases. We will contact you regarding any necessary health checks. You will find a reference code at the top of the letter, email or SMS. The reference is composed of letters and numbers 1/2/3. For example, "HY" is a code for hypertension. The number alongside it refers to the first, second or third invitation. Some patients may be called for more than one review, so it is always important to check the reference code. We are currently reviewing our recall process to improve the system and make more efficient use of appointments for the benefit of our patients and staff. Please bear with us. A list of reference codes is published on our website.

THE LAW AROUND ORGAN DONATION IS CHANGING

From spring 2020, the law around organ donation is changing. All adults in England will be considered to have agreed to be an organ and tissue donor when they die, unless they recorded a decision not to donate. This is referred to as the "opt out" system.

This means that if you have not confirmed whether you want to be an organ donor – either by recording a decision on the NHS Organ Donor Register or by speaking to friends and family – it will be considered that you agree to donate your organs when you die.

The new law will not apply to: people under 18; people who lack mental capacity to understand the new arrangements and take the necessary action; people who have lived in England for less than 12 months before their death and people who are not living here voluntarily.

For more information about your choices you can visit organdonation.nhs.uk or call the Organ Donation dedicated helpline – 0300 303 2094.

The return of dark nights and cold weather doesn't have to go hand in hand with illness. Follow our simple tips and **help us help you** stay well this autumn and winter.

You can treat many minor health conditions without seeing a GP.



Our top tips are:

- **Get a flu vaccination** - you will be eligible if you are: over 65; pregnant; have certain medical conditions; the main carer for a person whose welfare may be at risk if you fall ill
- **Keep a well-stocked medicine cabinet** with over the counter medicines. Speak to your pharmacist about medicines suitable for you and your family, particularly if this includes children, as they may require something different to you
- **Visit your local community pharmacist** at the first signs of illness for advice and over the counter medicines
- **Choose the right NHS service** - if you need medical help but it's not a 999 emergency, call NHS 111 for advice and support
- **GP extended access** - you can access GP appointments in the evenings and at weekends. Call the practice to make an appointment, or NHS 111 out of normal working hours
- **Eat well** – healthy food is a great source of energy which will help you keep warm and provide vitamins and nutrients to help you stay well
- **Stay warm** – staying warm during cold winter months can help prevent colds, flu and more serious health conditions such as heart attacks, strokes and pneumonia
- **Look out for others** – there are lots of ways you can do your bit to help lonely and socially isolated people in your community.

KIRKLEES WELLNESS SERVICE

The Kirklees Wellness Service (KWS) is a self-referring scheme for people to improve their health and wellbeing. The service offers tailored support through health coaching and motivation interview techniques. It is for people aged 18 or over living in Kirklees, who want to make a positive change.

The types of things that people need help with could include: improving mood and building confidence, improving mental health and emotional wellbeing; managing long term conditions; wellbeing support if they are caring for someone; increasing physical activity levels.

To find out more information, or complete a self-referral form please visit: <https://www.kirklees.gov.uk/beta/health-and-well-being/wellness.aspx>.