

Autumn 2019

Welcome to your PPG Newsletter. Our aim is to be the voice of the patient and a critical friend to members of the Belvoir Health Group; to ensure that patients are well informed about current health moves and their views about local issues heard.

Patient Participation Groups (PPGs) work in partnership with their practices to:

- help patients to take more responsibility for their health.
- contribute to the continuous improvement of services and quality of care.
- foster improved communication between the practice and its patients.
- provide practical support for the practice and help to implement change.

We are always looking for new members to join us so if you want to know more, just leave your name and phone number or email address at your local health centre and one of us will get in touch with you for a chat.

Keep in touch with your health centre through their website: <http://www.belvoirhealthgroup.co.uk>

Look out for the new patient survey coming soon!

OPEN MEETING

Working together for the best care – helping you to help yourself.

Wednesday, 18th September

7 – 8 pm

at the Cotgrave Hub

Come along and find out how we can all work together so that we get the best and most appropriate health care, especially as winter approaches.

Find out from a doctor, nurse practitioner and a pharmacist what their roles are in keeping us healthy.

Who is the best person to see? What can we do to help ourselves?

Members of the PPG will also be there to answer any questions you might have about our role.

Refreshments available.

Patients from Cotgrave, Cropwell Bishop and Bingham are welcome at this event.

Thanks to the East Midlands Academic Health and Science Network for their bursary, which will enable us to raise our profile and extend the work we do for the benefit of both the patients and the practices in the Belvoir Health Group.

Carers

The next coffee morning 'drop in' session will be on Monday, 18th November from 10 'til 12 in Cotgrave Library.

The Friendly Café

All Fridays - 10.00-12.00 at Cotgrave library

6th and 20th September

4th and 18th October

1st and 15th November

6th and 20th December

Tea, coffee, cake, crosswords, crafts, colouring and companionship!

Surgery Updates.

Online services.

Are you registered for online services? Did you know, you can book GP appointments and request repeat prescriptions online? Take along some ID and ask at your surgery reception to register.

Lots of appointments are available to book online each week and this gives you the opportunity to book a non-urgent appointment at a convenient time and with a particular GP, without having to call at 8.00 in the morning, or to order your repeat prescription at 2.00am if that suits you!

Extended hours

As well as usual surgery times, did you know you can now book appointments between **6.30 pm– 8.00pm**? GPs, HCAs and nurses will be available.

Tuesday - Bingham

Wednesday – Cotgrave

Thursday – Cropwell Bishop

Wasted appointments

We were all shocked to see how many appointments are wasted at all three of our surgeries. Take a look at the table below to see for yourself. Please let your surgery know if you are not able to keep your appointment so they can allocate the time to someone else, thus reducing waiting times even further.

Figures for June

Location	Number of appointments missed
Cropwell Bishop Surgery	58
Cotgrave Surgery	135
Bingham Surgery	149

Dates for flu clinics.

65+ only:

Bingham – Friday 13th Sept. Cotgrave – Tuesday 17th Sept. Cropwell Bishop – Thursday 19th Sep
All 2-6pm

Then all eligible patients (i.e. 65+ and those below 65 but in clinical risk groups – except children who will be called by invitation)

Cropwell Bishop – Tues 15th Oct (2-6pm) Bingham – Sat 19th Oct (9am-midday)
Cotgrave – Thurs 24th Oct (2-6pm)

Have you or your child had 2 MMR jabs to protect against measles, mumps and rubella?

If not, then please contact your surgery. They can check for you and book an appointment to have this important jab if required.

Measles is making a comeback and it is important as many people as possible are properly vaccinated against it.