

Newsletter

Welcome to the second edition of the Aspull Surgery Patient Participation Group (PPG) Newsletter.

The Aspull Surgery Patient Participation Group is made up of patients who were initially invited by the GPs and Practice Manager as representatives of the practice population. We all have individual skills and qualities and come from a variety of backgrounds but with a common ground that we are all patients within the surgery.

The PPG has now met a number of times and the membership now has 7 members from various backgrounds and ages.

The quarterly newsletter will be used to inform all patients of the PPG's activity as well as a variety of topics which may interest you and hopefully you will find interesting.

We would like it to be your newsletter and therefore if there is anything you would like to see please do not hesitate to get in touch with any ideas. Please email me at sarah.seddon123@ntlworld.com Thanks for reading. Sarah



At the Surgery



The World Wide Web

Have you seen the practice website?

Full of useful information about the surgery, its plans and services. Check it out at www.aspullsurgery.co.uk

You can also order your repeat prescription on line which will save you time by only having to make one trip to the surgery? (Don't forget though you will still have to pick your prescription up or have it sent to the pharmacy at Aspull or New Springs.)

Mental Health Crisis

Information Card

This new contact card is available from the receptionist. Please ask in surgery for more information.

Welcome Back Dr Lyons!

We are delighted to report that following a period of ill health Dr Lyons has returned to the practice. We all hope he is fully recovered and keeps well in the future.

Are you interested in becoming a member of the Aspull Surgery Patient Participation Group? Please speak to Suzanne Holland, Practice Manager for further information.

Open Surgery

If you utilise open surgery and already have a pre-booked appointment please remember to inform the receptionist so your booked appointment can be given to someone else.

For further information about Open Surgery please see the information card at reception.

Other Health News

NHS Reform Bill Passed by Parliament

The Health and Social Care Act 2012 is an Act of Parliament. It is the most extensive reorganisation of the structure of the NHS to date. It will abolish NHS Primary Care Trusts and Strategic Health Authorities. Thereafter, £60 to £80 billion of "commissioning", or health care funds, will be transferred from the abolished PCTs to several hundred "clinical commissioning groups", partly run by GPs in England. A new public body, Public Health England, is planned to be established on 1 April 2013.



Hands only CPR

If an adult has suddenly collapsed, is not breathing normally and is unresponsive, they are in cardiac arrest. There is no time to lose. Even if you are untrained your actions can help.

There are two simple actions that you can do to help save their life.

1. Call 999
2. Push hard and fast in the centre of their chest about 100 - 120 times a minute until the ambulance service arrives.

How can you help?

By knowing the signs of cardiac arrest and heart attacks you can ring the emergency services as early as possible and help to reduce the amount of time it takes before someone gets professional treatment.



Be Smoke Free

Over 80% of second-hand smoke is invisible

If you could see the harmful poisons that are really there, you wouldn't smoke. Order your Smokefree Kit today.

Call Smokefree: 0800 022 4 332

Mon to Fri 9am to 8pm,

Sat and Sun 11am to 5pm

www.smokefree.nhs.uk

And finally.....did you know?

If your DNA was stretched out it would reach to the moon 6,000 times.

Fidgeting can burn about 350 calories a day.

Your thumb is about the same size as your nose.

Obsessive nose picking is called Rhinotillexomania.

20 minutes after smoking a cigarette, blood pressure drops to normal.

Inside the next edition.....Meet the Group!