

Newsletter

Thank you for taking the time to read this edition of the Aspull Surgery Patient Participation Group newsletter. In this issue you will meet some of our group members, learn about Wigan's Health profile and read about ways in which you can contribute towards the future of the health service.

Do you have a good story to tell, we would love to hear from you for example have you any interesting information about how the practice has developed within the village over the years.

As ever we would like this 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 or drop your information in at practice reception for the attention of Suzanne Holland, Practice Manager. Thanks for reading. Sarah

At the Surgery

Patient Survey

The practice will be running a patient satisfaction survey which has been approved by the PPG. This will start in September this year, please look out for it in surgery or via the practice website.

Practice Website

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.)

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.



Are you interested in becoming a member of the Aspull Surgery Patient Participation Group? Please speak to Suzanne Holland, Practice Man-

Meet the Group Members

Over the next couple of issues members of the Aspull Surgery Patient Participation Group will introduce themselves to you. We are always looking for new members, if you feel that you could contribute effectively to the meeting and help the practice towards becoming ever more patient focussed please contact Suzanne Holland at the practice.

Member: Sarah Seddon (Acting Group Secretary)

I have lived in Aspull from being a child until I left at the age of 21 to work in York. Initially I worked for British Home Stores as a department manager but was soon homesick for Wigan and looking to change my career. The opportunity to work for the NHS came up in December 2000 and 12 years on I am still here. I currently work for Bridgewater Community Healthcare as a Relationship Manager working with all GP practices within Wigan, and helping to improve services for patients. My experiences of the NHS are as a member of staff rather than a patient and although it has its ups and downs (as we all do) in the main, as a nation we are extremely lucky to have such dedicated and caring staff as those that work in the NHS. I am now married and live in Blackrod with my 2 dogs and 4 horses. Apart from a short gap I have always been a patient at Aspull Surgery and am thrilled to have been asked to be part of the PPG.

Member: Lynn Clemson

I started my working life in a cotton mill before going into motherhood for a few years. I then trained as a school dinner lady and reached the dizzy heights of being the school cook after 12 months. 3 years later I left to become a debt collector and Bailiff (boo!). Following my divorce and becoming a single parent, I worked in a bakery, a chip shop and then a corner shop. Finally feeling confident and ambitious one day, I bought the corner shop and turned it into a thriving outdoor licence. I then sold this and bought a large empty house and made it into a successful hotel through sheer hard work.

I then took a different direction, went off to Blackpool and trained to be a psychiatrist nurse. 5 years later I went back to college and trained to a psychotherapist. I extended my training into bereavement counselling, expressive therapist, a miniature therapist and then a Neuro-linguistic practitioner (NLP), which I carried on doing in my spare time for many years until I eventually became a Master Practitioner in NLP.

I also trained to become a Stop Smoking Specialist for the NHS, which position I held for 13 years and which I absolutely loved. I retired from the Stop Smoking Service in 2011 and in 2012 I fulfilled my childhood dream of working at M&S, albeit a temporary position. I am now a volunteer at a Barnardo's charity shop.

In my spare time, I enjoy playing pool for a team which (for reasons unknown to me!), sits constantly at the bottom of the league, reading, re-arranging my house and the odd glass of Chardonnay.

Member: Keith Burns

Before retiring I was self employed for over 35 years, owning my own company called K.Burns Joinery and working with many big construction companies all over the U.K.



Other Health News

Wigan Health Profile 2012

Wigan at a glance

The health of people in Wigan is mixed compared with the England average. Deprivation is higher than average and about 12,100 children live in poverty. Life expectancy for both men and women is lower than the England average.

Life expectancy is 11.1 years lower for men and 8.0 years lower for women in most deprived areas of Wigan than in the least deprived areas.

Over the last 10 years, all cause mortality rates have fallen. The early death rate from heart disease and stroke has fallen but is worse than the England average.

About 19.3% of year 6 children are classified as obese. Levels of teenage pregnancy, breast feeding initiation and smoking in pregnancy are worse than the England average.

Estimated levels of adult 'healthy eating', smoking and obesity are worse than the England average. Rates of hip fractures, smoking related deaths and hospital stays for alcohol related harm are worse than the England average. Rates of sexually transmitted infections and road injuries and deaths are better than the England average. The rates of statutory homelessness and violent crime are lower than average.

Priorities in Wigan include reducing avoidable premature deaths from cardiovascular disease and cancer and reducing teenage pregnancy rates.

See www.wiganboroughccg.nhs.uk or www.wigan.gov.uk for further information.



LET'S MAKE NEXT GENERATION SERVICES SAFE AND SUSTAINABLE FOR US ALL

You may be a patient or carer; a support, voluntary or community group member; part of a LINK, or HealthWatch; on a Clinical Commissioning Group patient panel; engaged in other ways as a member of the public with health and social care. We want you all to participate in planning the future. The NHS in Greater Manchester is reviewing the way healthcare services are provided and the initial work will hear from the public and work closely together with a project team for the next 9 months to a year. There may be further activity after April 2013.

You may have experience of conditions or health services such as:

- **Diabetes**
- **Chronic heart disease**
- **Respiratory conditions, for example, asthma, Chronic Obstructive Airways Disease (COPD)**
- **Stroke**
- **Cancer**
- **Surgery / Surgical operation**
- **Emergency or urgent care, for example, being admitted to hospital in an emergency, going to A&E, or other urgent care service**
- **Primary care, for example, services at your GP practice or in the community**
- **Neurological conditions eg head injury (or acquired brain injury), multiple sclerosis, epilepsy, Parkinson's disease, motor neurone disease, muscular dystrophies, spinal injuries**

If so, please consider joining a number of patient/carer panels and work in partnership with clinical and other professional staff to plan how future services could be delivered. These may be groups that meet at regular intervals and/or virtual groups that have discussions online. You can contribute your stories and have the opportunity to hear about some of the most important issues facing us today, so you can have a view on the shared way forward.

To find out more contact Jill Boardman on 0161 212 6338 or jill.boardman@cypfn.manchester.nhs.uk

We hope you can participate and help improve services for future generations.

Inside the next edition.....Spotlight on Health Trainers