

# Newsletter



Christmas is only 5 weeks away and it feels as

if the winter is well and truly with us. It will soon be time for celebrating with friends and family, perhaps eating and drinking a little too much and lots of parties. Its definitely a time to make sure you have had your flu injection if you are one of the many people at risk, please see more information in this edition about who is eligible and how to access it. Also in this edition, meet more of our PPG members, learn about the Health Trainer Service and maybe even become a member of your surgeries Patient Participation Group, WE NEED YOU....find out more below! In the meantime though the group would like to wish you all a great Christmas and a healthy and happy new year.

## YOUR SURGERY NEEDS YOU!



If the current changes to the NHS and the way people are going to be treated in the future is to make things better for us all it is going to need your help.

The surgery's patient participation group needs to increase its members if it is going to fulfil its role. Half a dozen people cannot know what is needed even if they have been connected to the health service in the past. They cannot possibly have experience of the multitude of services the surgery and the NHS provide nor the range of services the local authority provide associated with health and disability issues. Yet all these services are likely to change to a greater or lesser degree in the future.

Only with your help will they change for the better and provide the kind of services we all hope for. Over the coming months, along with others, Aspull Surgery Patient Participation Group will be asked to comment about services that affect you. It is for this reason we need more people from all backgrounds, ages and cultural groups to join us so that what we have to say is based on personal experience and knowledge.

If you would like to talk to one of the current members about the group please contact us via the surgery web site or giving the receptionist a note with details on how you would like us to make contact with you. If you decide to join us you will be made very welcome and your contribution very much appreciated.

Alan Blood PPG member aged 70

## **Meet the Group Members**

Following on from last editions introduction to group members, please see further member biographies. As ever, 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:** Alan Blood

I started nursing at the end of 1958 at Springfield Hospital Crumpsall, qualifying as a Registered Mental Health Nurse after 3 yrs training. I was then seconded to Edgware Hospital Middlesex to undertake my General Nursing which I completed 2yrs later. Having nursed the good, the bad and the famous such as the infamous slum landlord Racman, Sir Geoffrey DeHavilland, Vivian Van Dam and the Panamanian Ambassador to mention a few, I also spent some time at the National Polio Research Unit in Hendon and a VD clinic in Covent Garden where I also met some famous people.

I returned to Springfield where I was promoted to Charge Nurse in charge of the first mixed ward in the hospital history. I had to cope without any female staff for several months because the hospital was run on segregated lines. The males were under the control of a chief male nurse and the females a matron. After a couple of years I left to become a Mental Welfare Officer in Oldham. Because of the opportunity to be seconded to the Certificate in Social Work Course I moved to Chadderton, which was Lancashire County Council. Shortly after completing the course I returned to Chadderton only to be taken over by Oldham under the local Authority reorganisation. I worked for several years as a senior social worker in Failsworth. Due to increasing demands on my time from terminally ill family members I returned to nursing at Tameside general hospital as the night nursing officer for Psychiatry and Geriatrics. Later I applied and obtained the post of Principal Nursing Officer for Psychiatry and Geriatrics in Trafford. After a couple of years I was head hunted by Trafford Family practitioner committee to become their General Practitioner Liaison Officer persuading every practice in the borough to employ at least one practice nurse for the first time in their history. In addition I also set up and ran one of the first free health lines in the country. The line dealt with any questions relating to hospital and primary care arising from the services in Trafford. I eventually started to miss hands on nursing care and left to manage five nursing homes. After deciding to retire early I continued to do some shifts for a nursing agency, which resulted in me becoming involved in working in health care at a local prison. I planned to finally retire when I was seventy however life had a different agenda when I was diagnosed with a heart condition and I had to have a quadruple by pass.

After first hand experience of the NHS from both sides I am keen to help wherever I can and was delighted when I was accepted on to the PPG. We will only continue to have the best health care in the world if we help in whatever way we can.

**Member: Chris Ready**

**I am a local Councillor after being first elected in 1996 covering the Aspull and Standish ward. In 2004 the new boundary created the Aspull New Springs and Whelley ward which I represent to this day.**

**I have been a cabinet member since 2004 covering a wide range of topics including leisure and Housing.**

**I was born and bred in Aspull so its great to have an input into the most important issue in residents lives health and well being.**

## FLU VACCINATIONS 2012

To protect people who are most at-risk of serious illness or death if they develop flu, the Department of Health recommends flu vaccination every year for everyone in the groups below:

people aged 65 years and over

all those aged 6 months or older with the following conditions

chest problems, including certain asthmatics on steroid inhalers or steroid tablets and those with chronic bronchitis or emphysema

chronic heart disease

diabetes

chronic kidney disease

chronic liver disease

chronic neurological disease

people who are immunosuppressed, have no spleen or whose spleen does not work properly

pregnant women

those in contact with people who may be at risk of developing serious complications from flu

people living in long stay residential care homes

carers

healthcare professionals

If you come into any of the above categories, please ask for an appointment.



## Health Trainers

Whether you're struggling to tackle an issue with your weight, stop smoking or get more active, Bridgewater Community Healthcare's team of health trainers can help you break the habit of a lifetime.

There are currently 33 health trainers working across Ashton, Leigh and Wigan . They are local people who work from a range of convenient venues in the heart of the community such as GP practices, clinics and health centres, children's centres and colleges.

Health trainers will motivate you and help you set personal health and fitness goals. They will help you achieve these goals by developing personal health plans and provide practical support to help you make positive changes to your lifestyle.

To find out more about how health trainers can help you lead a healthier life or to book an appointment call 01942 481712 to speak to a member of the team. Whether you're struggling to tackle an issue with your weight, stop smoking or get more active, Ashton, Leigh and Wigan Division's team of health trainers can help you break the habit of a lifetime.

Inside the next edition.....A New Year, New You?