

Newsletter



Welcome back to the PPG Newsletter.

There has been no newsletter since February this year as the group has depleted somewhat and is still without a secretary. Hopefully the group will be able to recruit a secretary soon and therefore get a newsletter out every quarter.



Join us in Weekly Walks

The practice in conjunction with Wigan Active Living Team is hoping to start weekly walks from the surgery building. Each walk will be supervised and already mapped out for ease of walking and safety. Walking is free, easy, most people can do it and can be done from anywhere. Walking can also give your mental health a boost and it a great way to meet new friends and enjoy our borough's green space too. You will be surprised how well you feel for making such a small effort and it wont cost you a penny. If you would like to take up walking or help us to develop a walk from the surgery then please add your name to the list in reception or contact Alison Griffin, WLCT Active Living on 01942 488489

A word from the groups chairman Alan Blood:-The practice has 5500 patients but despite this number, members of the PPG remain small. The more members we have the greater the influence we can make on the health providers in wigan. You do not have to be knowledgeable about health matters you just have to be a patient because if the service does not make sense to you then it is not right and we are there to say so. So if you can spare a few minutes now and again please think about becoming a member.

Our annual flu vaccination clinics are in full operation again. Have you made your appointment to have one?

Care Data

How information about you provides better care



Please pick up a leaflet which give you a better understanding about your data

More information can be found here

www.nhs.uk/caredata

ARE YOU AT RISK FROM FLU?

Talk to your receptionist about flu vaccinations if you have...

- Chest problems including certain asthmatics on steroid inhalers or steroid tablets, those with chronic bronchitis or emphysema
- Heart disease
- Kidney disease
- Liver disease
- Had a stroke or TIA
- Diabetes
- A weak immune system
- Problems with your spleen or if you've had your spleen removed
- Or if you're pregnant

Pick up a leaflet for more information

FLU & YOU

Practice Survey 2013-14

The practice will soon be carrying out its annual survey. The questionnaires were agreed in Septembers PPG meeting. It was agreed to focus on all aspects of general practice again as there were no issues that outweighed any other in last years survey. Results from this years survey will enable the practice to compare results from last years survey which can help measure any progress made.

Your comments are of great importance to us, telling us what we are doing right and what we could do better. The questionnaire gives 5500 patients a chance to have their say so make sure you are one of them. Last year your comments covered a whole raft of subjects including:-

Retained due to survey results

Late night surgeries—retained

Double appointments due to complex health issues—retained

Availability of a chaperone—retained

Actions due to survey results

Open surgeries — amendments made

Refurbishing of the surgery—completed

New seating— completed

The survey will run October through to January

Please take time to complete a questionnaire, receptionists can be very busy therefore PPG members will sometimes be on hand to help distribute them.

There will also be an electronic version on the website

www.aspullsurgery.co.uk

Just click the icon and answer the questions.

Alan's friendly Do's & Don'ts

Do have a flu vaccination if eligible

Do have a shingles vaccination if you are aged 70 or 79

Do cancel your appointment if you no longer need it

Do ask your pharmacist for help or advice

Do use the open surgery rather than go to A&E

Do keep an eye on your frail and elderly neighbours

Do join the PPG

Do complete the surgery questionnaire

Don't ask for medication on repeat prescription if you no longer need it.

Don't go to A&E unless your condition is serious and it could not be treated elsewhere. E.g pharmacist, open surgery, walk in centre or out of hours service.

Don't get cold during a cold spell this winter, wrap up warm and have plenty warm drinks.

Don't forget to join the surgery walks when they start.

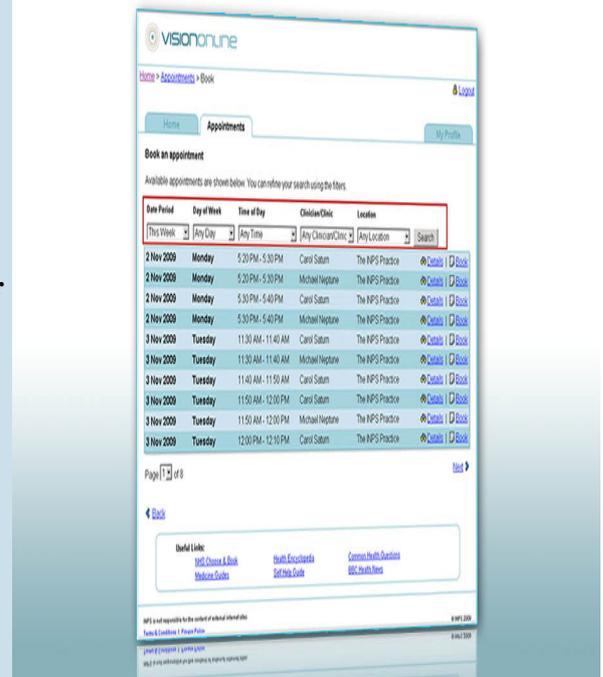


NEW

Online appointments and repeat prescription ordering.

The practice has now provided better access to appointments for people who prefer to book online. Just ask for a registration form at reception; once registered you will be able to book routine GP appointments and order your repeat prescriptions with one registration.

Please note: repeat prescriptions can not be ordered via Aspull surgery website after 31st October ; - you will need a new registration code. Please ask at reception.



Think before visiting the Accident & Emergency Department

We are asking people to consider how and when they seek help when becoming poorly this winter with coughs, colds and sore throats. As well as seeing the GP for these common problems, there are some alternatives such as the local pharmacists with the minor ailments scheme, NHS direct, out of hours service which can offer excellent reassurance and support in helping you to look after yourself or your family and friends. Please don't go to Accident and Emergency with minor illnesses. By keeping this free for serious and potentially life threatening illnesses, it can look after the really poorly people in a quick and timely manner to the benefit of us all.

The name for this campaign is called "Choose Well" and you may have seen the Thermometer, reminding you of the campaign in various newspapers and or posters across the Borough.

Thank you for your help in understanding these issues and for working with us to help you get the best.



Next edition: January 2014