

OLD COULSDON MEDICAL PRACTICE



NEWSLETTER February 2022

Are you a member of the Patient Participation Virtual Group?

The Patient Participation Group welcome patients to join the virtual group, You are not required to attend meetings but by becoming a member, you will receive a copy of minutes of PPG meetings, newsletter, participate in surveys and be the first to learn of any activities or presentations organised by the PPG.

As the PPG, we like to hear your views whether positive or negative to help improve services.

If this appeals to you, contact 078717 02429 or email: haveyoursay1@live.co.uk for further details.

Direct Access Services at the Surgery

HRT & Pill checks, Medication issues – see the surgery Pharmacist.

Musculoskeletal problems – See the 'Musculoskeletal Practitioner'.

Help with benefits or housing forms, meeting friends, social activities – Social Prescriber.

Talking Therapy, Antenatal, Sexual health checks.

SignLive a service for Deaf people

The surgery has just signed up to SignLive a

service for deaf people offering British Sign Language. Patients do need to register with SignLive and are then given a 4 digit code which the practice need to quote when they call SignLive and they then get in touch with the patient using a video call.

The practice will be in touch with any patients that may benefit from this service.

Covid Travel Passes

You are advised not to leave getting a Covid Travel Pass to the last minute. The easiest way to get the Travel Pass is to download the NHS App, or you can get a letter by calling 119.

You will need to give 119 seven day's notice. The letter is valid for 30 days.

The NHS Covid Pass service is now available to 12 – 15years, accessible via NHS.UK for those aged 12 and over and the NHS App for those aged 13 and over. This is in addition to the letter service via 119.

The surgery cannot issue letters therefore you must give sufficient time when requesting online or through 119.

Getting ready for patients to have access to their GP health records.

From April 2022, patients with online accounts such as through the NHS App, will be able to read new entries in their health records. This applies to patients whose practices use TPP and EMIS systems, which OCMP does.

More Dental Appointments

The NHS will provide patients with hundreds of thousands more dental appointments thanks to a funding injection. Funding will secure up to 350,000 additional dental appointments allowing people suffering from oral pain, disease and infection to get the care they need, as services drive back to pre-pandemic levels.

Children, people with learning disabilities, autism or severe mental health problems will be prioritised over the coming months, with the one-off funding available until the end of the financial year. Locally, NHS teams will use the funds to secure increased care capacity amongst local dentists operating to help patients suffering from oral ill-health.

People aged 16 and over who are severely immunosuppressed can book their booster online (from 31st January). The online booking system has been updated to allow booster bookings for severely immunosuppressed people.

There are around 400,000 people who are severely immunosuppressed who are eligible for a fourth jab.

Sepsis Support Group

The PPG have been working with the Sepsis Trust UK and other PPGs in our Primary Care Network to set up a Sepsis Support Group that will be available to people throughout the Croydon borough and neighbouring areas.

The Sepsis Support Group will commence on

Wednesday, 23rd March 2022

Time: 6.30pm – 8.00pm.

Venue: The Cancer Support Centre, Purley situated on the righthand side immediately as you enter the Tesco carpark.

As many as 60% of Sepsis survivors are left not only with physical challenges but mental and emotional challenges too.

If you are a Sepsis Survivor, do come along and share your experience and concerns with others. A Sepsis Lead Nurse will be leading the meeting.

Dr Boffa has retired

The PPG are still raising funds for Dr Boffa's chosen charity, The Royal Marsden Cancer Charity. The target is £3,000. To date, we have received donations to the sum of £2,910. Thank you to all those patients who have helped to raise this figure.

The JustGiving Page is still open for those who may wish to contribute.

Wearing of Face Masks

Patients visiting the surgery **must** continue to wear face masks and use the hand sanitiser as well as adhering to social distancing.

Visiting Care Homes

If you are planning to visit loved ones in care homes, it is advisable to telephone the Care

Home prior to attending to ascertain what their protocol is for visitors.

Health Presentations

The PPG are looking to organise Health Presentations again now that Covid regulations are starting to be lifted. If there is a particular topic that you would like to know about, please let the PPG know by contacting haveyoursay1@live.co.uk

Men's Group.

Venue: The Heath Room, Old Coulsdon Congregational Church, 10.30am – 12.30pm alternate Thursday mornings (commenced 3rd February).

The purpose of the group is to enable gents to come together and enjoy a game of cards, scrabble etc or discuss topics that men enjoy. If this is of interest and you would like further details, contact 078717 02429

Tea Party for lonely, isolated people including carers

The next Tea Party takes place on Saturday, 12th March 2022.

If you know of anyone who may benefit by socialising with others, contact 078717 02429. Please obtain the persons permission.

Transport can be provided, subject to availability.

La Valigetta Craft Group

Are you interested in craft? If you would like to learn more about the group that takes place at The Heath Room on a Friday afternoon. Contact Cathy 07722 565433 for further details.

Flexercise for the over 50's

Looking to improve your wellbeing, why not consider Flexercise.

The group under the leadership of Melody takes place every Wednesday morning at the Cameron Hall.

If this of interest you are requested not to just turn up but to contact Melody for further information.

01883 743809 07741 485697
www.fl-exercise.com