

**PATIENT  
PARTICIPATION  
GROUP**

**Newsletter**

Can you spare a little time? [Patient Participation Group](#) could do with your help.

The Group is run by Patients with the support of the practice.

The aim of the Group is to support the practice by giving helpful feedback from our experience of issues.

There are two elements to the Group:

(1) Group Meetings held periodically & (2) "Virtual" element with contact by email.

You can belong to either part of the Group or to both.

**You are important to the Practice & the Group.**

Whatever time you can spare, it will be appreciated.

Working

Young Parent

Carer

Teenager

Retired

Job seeker

**All Patients**

**Women**

**Men**

**Every one's included**

Young

Long Term Condition

Old

It is vital that there is a representative cross section of Practice patients in the Group.

Only if this is achieved can a "rounded" perspective of the Practice & its services be obtained.

**YOUR Health Services will benefit.**

Please think seriously about joining the Group.

Help to make a difference.

Interested in participating?

Your receptionist can supply a form.

Or

Complete the online form "Signing up for patient Group" from the Practice Website.

Remember The Patient Group is run by Patients: **Like YOU** .

We **all** have something to say which is **valuable to us all**.

**Practice Booklet 2015/16**

A source of information about the Practice and Self Help. A copy of the booklet can be found at <http://www.broadwaysurgery.nhs.uk/info.aspx?p=15> but not presently available in paper booklet form.

**Access to your Medical Record**

Use your computer to:-

- 1) view your medical records online.
- 2) order a repeat prescription.
- 3) book an appointment.
- 4) See Test Results

New Mobile App also available.

See

<http://www.broadwaysurgery.nhs.uk/info.aspx?p=7>

**NHS Minor Ailment Scheme**

Some pharmacies run a minor ailment scheme, which means they can supply medicines for certain conditions on the NHS.

If you're exempt from paying prescription charges – because you're under 16 or over 60, for example, or you have a prescription prepayment certificate (PPC) you won't pay for the medicine. Just ask at your local pharmacy.

Broadway Pharmacy, Fulwood operate The Minor Ailment Scheme

See NHS Choices

[www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx](http://www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx)

## Young People's Health

### Advocates

(YPHAs)

A group for young people aged 25 and under helping in developing Young People friendly Health and Well Being services.

Find out more

See

<https://www.youtube.com/watch?v=tAILAHtX8PU>

Interested in joining?

Tel 01772214605

Or

Email

[Get.Involved@chorleysouthribbleccg.nhs.uk](mailto:Get.Involved@chorleysouthribbleccg.nhs.uk)

## Have a say

## It's your health

### **SURGERIES**

#### **Broadway Surgery**

**NB Broadway Surgery shut Thursday afternoon**

2 Broadway

Fulwood

PRESTON

PR2 9TH

<http://www.broadwaysurgery.nhs.uk/>

Telephone: (01772) 645665

Fax: (01772) 787652

#### **Ingol Health Centre**

87 Village Green Lane

Ingol

PRESTON

PR2 7DS

<http://www.broadwaysurgery.nhs.uk/>

Telephone: (01772) 401535

Fax: (01772) 769733

## **New to caring?**

Recognising ourselves as carers and getting the right information early can make all the difference.



## **Upfront**

**New to caring?** Our **Upfront guide** will take you straight to the information you need to know.



Find out what financial and practical support is available in our essential guide.

### **Online**

Find the online version of "Looking after someone" at [carersuk.org/looking-after-someone](http://carersuk.org/looking-after-someone)

Obtain a

### **Printed copy**

Carers can get a free printed copy of the Carers UK **Looking after someone** guide by [contacting the Carers UK Adviceline.](#)

Adviceline

Tel 0808 808 7777

Open Monday to Friday,  
10am to 4pm

## **DIABETES UK** CARE. CONNECT. CAMPAIGN.

### **Preston & District Diabetes Support Group**

Coming to terms with the fact that you or a family member has diabetes needs time. It is a steep learning curve.

In situations like this it can be helpful to speak to people who have had a similar experience. They are likely understand what you are going through and offer support at a difficult time. Remember that members of the group are unlikely to be medically trained and so cannot offer medical advice. They are able to offer you the benefit of their experience and conversely learn from your experiences.

**It's a two way street.**

Preventing diabetes

Diabetes: the basics

Living with diabetes

The group is run by volunteers who are living with diabetes or closely connected with someone who has diabetes. It goes without saying that part of the reason we are involved with the group is to learn. At many of our meetings we have experienced speakers who give talks on subjects relating to diabetes. There is an annual programme of 9 monthly meetings. Details can be found in our Programme Card which issued in September each year.

Research

How we help

Get involved

Diabetes UK is a national charity.

There is a comprehensive web site at <https://www.diabetes.org.uk/>

& a national Diabetes UK help line:

Call 0345 123 2399, Monday to Friday, 9am-7pm



**NHS**

**Help us to improve health and social care in your community**

Save the date!

We are working together with all of the local health and social care organisations to design services that will improve the health and wellbeing of residents living in Chorley, South Ribble and Greater Preston. Come and join us at one of our events to get involved.

Due to the general election taking place on 8 June 2017 a period of 'Purdah' (the time before an election where there are restrictions in place in relation to certain communications and engagement with the public) is in force until 9 June 2017.

Unfortunately, this means that some of the planned Our Health Our Care programme activity will have to be postponed in line with official guidelines.

**The public engagement events on**

**9, 11 and 15 May have been postponed.**

They will be included in the planned July 2017 engagement events.

Visit [www.ourhealthourcare.nhs.uk](http://www.ourhealthourcare.nhs.uk)  
email [OHOC.enquiries@nhs.net](mailto:OHOC.enquiries@nhs.net) or for more details or to book onto the event ring 01772 214605



Living in constant pain and exhaustion affects young people's development; it forces people to give up work and threatens older people's independence.

**Helpline** 0808 800 4050 **Helpline** is a free, confidential service, which is open to anyone affected by arthritis.

For more information  
[www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

**Arthritis is overlooked and underestimated**



## CCG Prescribing policies

From 5 December 2016 the funding of certain types of medicines or treatments that are readily available 'over the counter' in pharmacies or on the shelves in shops and supermarkets stopped.

The types of medicines and treatments that fall into this category include:

Treatments for minor ailments, including medicines like paracetamol, ibuprofen, head lice lotion and indigestion tablets.

In some cases there will still be exceptions to this, such as the prescribing of these treatments for people with long term conditions, for babies and children, for breastfeeding mothers or when caring for people at the end of their life

## Preston & District Carers Support Group

A group of Carers And Former Carers who meet for mutual support & to socialise,

Social activities are varied including visits to outside places of interest.

A recent interesting talk was given by Tanya Edgar, from Our Health Our Care (OHOC), on the move to improve health and care services by thinking outside the box. In addition to the areas identified by Tanya the Carers suggested ways that the health service could be more efficient. Public meetings are held to obtain input on proposals the Health & Care Services are putting forward.

*See Page 2 of this newsletter for further details of OHOC meetings.*

### Proposed activities

Carers Week 12 to 16 June 17

Guided walk by Preston Park Ranger starting from Ashton Park by way of the Canal and "unexplored places" (in June or July 17)

Trip to Bury Market

### Past Activities

Contact Peter by phone Preston 729587  
(please leave a message if no answer)

microwave cookery

Coffee Cakes and Games

1 in 4 film festival

Manchester Christmas markets

Carers Film UCLAN

Ten Pin Bowling



## Stopping Smoking

## Enlist The Quit Squad

**Tel 0800 328 6297**

### Benefits

Four times more successful than going it alone  
Improve your health - Improve health of others  
Give up at 30 years old, on average add 10 years to your life

### Access the service by Self Referral

- 1) Ring 0800 328 6297
- 2) Book into Appointment clinic
- 3) Go to a drop in clinic

4) Alternatively obtain referral by  
GP, Practice Nurse, Other professional or Hospital

Further information <https://www.lancashirecare.nhs.uk/Stop-Smoking>



# Preston & District U3A

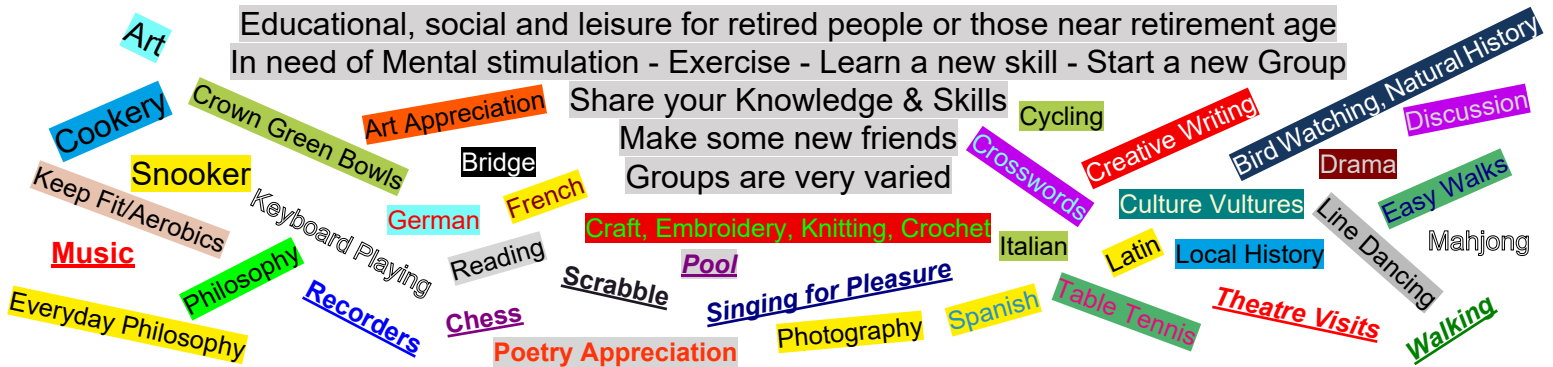
## The University of the Third Age

Educational, social and leisure for retired people or those near retirement age  
In need of Mental stimulation - Exercise - Learn a new skill - Start a new Group

Share your Knowledge & Skills

Make some new friends

Groups are very varied



The list of groups can be found at <https://u3asites.org.uk/preston/groups>

Links to the Group's page are found in the "Group List"

The Group's page contains much of the detail regarding the Group  
including Meeting Days & times

The majority of Groups meet at St Cuthbert's Church, Lytham Rd, Fulwood.

Parking is available on the Church car park.

Buses 22 and 23 stop about 50 yards from the venue

There are a number of satellite venues

(See <https://u3asites.org.uk/preston/welcome> for Groups affected & addresses.)

A list of home Groups is also found on the Welcome web page

### Charges

Meetings at St Cuthbert's - £2 unless otherwise stated

Meetings in member's homes - £0.50

Keep Fit and Yoga are both £3 each

Other events are based on cost

**Annual Membership subscription £15**

**Includes**

**Six-monthly Preston U3A 'Good Times' magazine**

**Home delivery of U3A & Sources magazines**

### Tasting the "fare"

You can attend **two meetings** (Groups and/or Events) on a trial basis before deciding whether to join Preston U3A. You will be expected to pay the Group/Event charge, which covers the cost of accommodation.

**You will be made most welcome.**

The "Welcome" page mentioned in the previous section contains more information

### Text Message Reminders

You can register to receive information by text message on your phone regarding appointments and health care.

If you wish to register for this messaging service please fill out a consent form, which can be found on the following web page

<https://www.mysurgerywebsite.co.uk/secure/sms.aspx?p=P81103>

### BBC Health

[Fruit and veg: For a longer life eat 10-a-day](#)  
More fruit and veg might prevent nearly eight million premature deaths each year, researchers say.

<http://www.bbc.co.uk/news/health-39057146>

[Hospital cuts planned in most of England](#)  
Hospital services in nearly two-thirds of England could be cut or scaled back, BBC analysis shows.

<http://www.bbc.co.uk/news/health-39031546>