

THE CARNEWATER CHRONICLE

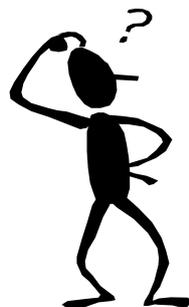
WELCOME TO THE AUTUMN EDITION OF THE CHRONICLE

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Special points of interest:

- Get protected! The Flu season is nearly upon us...
- Carnewater proud of its involvement in training the next generation of doctors
- Get the kids moving! Chage4Life has some ideas.



How do I...?

Its been a mixed summer—early summer was lovely and late summer was, well, a little damp around the edges shall we say. But here at Carnewater, come rain or shine, we continue to serve our patients and keep them informed about developments—hence our lovely newsletter!



Autumn; the season of mellow fruitfulness—and the flu! Get protected—see page 2

Of course there are other ways we keep you informed—Visit our website for all the latest news

www.carnewaterpractice.co.uk

Following the latest patient survey, and to help those who work and find it difficult to get into the surgery during normal opening times we are offering early morning (from 7.30am) and evening appointments (to 7pm) on Tuesdays and Thursdays, as well as our Saturday morning appointments— see below for more details.

Since the last edition and a successful recruitment campaign, our Patient Participation Group is off and running—please see their article on page 3. They are

especially keen to have representatives from the under 40 age group to ensure all users are well represented

And finally, on the back page you will find all of our contact information. We welcome suggestions and ideas — If you have any suggestions about The Chronicle, or have subjects that you would like to be included, or wish to comment then please drop us a line or an e-mail and let us know.

READ ON FOR MORE...



DID YOU KNOW...?

✓ You can book an appointment UP TO 4 WEEKS IN ADVANCE with your doctor or nurse —This will help you plan ahead. These appointments can be booked on line, or by phone. So if your doctor wants to see you again in 4 weeks you can book on line, as well as the usual ways.

✓ WE HAVE MANY ON-LINE SERVICES INCLUDING APPOINTMENTS AND REPEAT PRESCRIPTIONS— You can book or cancel appointments, update your

contact details, order repeat prescriptions, and register to be a patient of this practice on line—enroll for this service now; ask at reception for details or see our website

www.carnewaterpractice.co.uk

✓ EVERY TUESDAY AND THURSDAY we offer early morning & evening appointments, and alternate SATURDAY MORNING appointments to help those who work and cannot get into the surgery during normal opening hours—Patients have asked for these appointments— These are

accessible to book on line, by phone, or ask at reception for more details.

✓ If you live more than a mile from a chemists WE CAN DISPENSE YOUR MEDICATION HERE —this saves you having to go into town for your medicines. There are specific rules regarding this, so please ask at Dispensary for more information.

Did you know?

You do now!

THE TRAINING PRACTICE DR D FARRAR

*Did you know that you
can book an appointment
ON LINE?*

*And up to 4 weeks in
advance?*

*See our website for
the full range of on-
line services we offer*

Carnewater Practice has a long history of teaching Junior Doctors. Indeed, Dr Stead is an ex-GP trainee of the Practice. The Peninsula Medical School took its first intake of students in 2002 and has always thought that medical students should spend time in general practice as part of their training. The practice has had students attached to us in years 3, 4 and 5 of their training. The 5th Year students spending a six week block in the practice. When these young doctors qualify they go onto to do two Foundation years. Of those in their 2nd Foundation year, there is an opportunity to have an attachment to a practice for a period of four

months. For the last 6 years, both students and Foundation doctors have been regularly attached to Carnewater Practice and seen patients. This gives them a broad experience of medicine, whether they wish to do general practice in the future or specialise in another area.

As a patient when you make an appointment you may well be offered the opportunity to see either a student or a foundation doctor. With regards to the student, the student would take you to a consultation room for initial assessment, but will always have one of the permanent doctors working with the practice covering them, who would come and complete the consultation. The

Foundation doctors are more independent and can consult independently, but they always have a supervising doctor they can turn to advise if required.

The Practice believes that allowing young students and doctors to be involved in General Practice is beneficial for their education. However as a patient if you do not wish to see either, then you can request to see one of the regular doctors, and the



SHOULD YOU HAVE YOUR FLU VACCINATION?

* **Are you 65 or over?**

* **Have you got a lung, heart, kidney or liver problem?**

* **Do you suffer from a disease of the nervous system?**

* **Do you suffer with Diabetes or had a stroke?**

* **Have you got an immunity problem, due to disease or treatment?**

* **Are you the main carer for an elderly or disabled person?**

* **Are you pregnant?**

If you have answered YES to any of the above then you should consider having your flu vaccine. Ask your nurse for more details.

Why you should consider having a flu jab?

* Getting flu may lead to more serious illnesses such as Bronchitis or Pneumonia.

* Having the flu jab will greatly reduce the chance of getting flu which is highly infectious and spread easily from coughs and sneezes.

* Many people in the UK die each year (mostly elderly) from the complications of flu.

* The flu jab will give you protection from seasonal flu (*the different strains of virus that cause an outbreak of flu*) including swine flu for 2010, for up to one year.

* It takes just 2 weeks for your body to develop full protection from the flu virus after you have had the vaccine.

* If you have one of the conditions mentioned above it can make your symptoms much worse

What the flu jab doesn't do?

* Although it may cause a sore arm and some

aching muscles and possibly a temperature, it does not give you the flu or any other infectious illnesses.

* It doesn't stop you getting the common cold or other viruses.

* It doesn't protect against all flu viruses-only the strains of flu virus that will cause an outbreak this winter.

* *And ask your nurse whether you need protection against pneumonia too*

AND REMEMBER...

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



Don't spend Christmas feeling poorly in bed—get protected!

You can book your flu appointment on line too

CARNEWATER PRACTICE PATIENTS' GROUP

The first meeting of the new CPPG took place on 25th May 2011. Several willing and keen people arrived for the meeting and were welcomed by Sally Poxon and Dr Emma Langstaff. Several of us (including me) didn't really know what our remit was or what it is we could contribute within such a group. We were aware however, that the main emphasis of such a group would be about quality of care and also our input into the practice as representatives of the patients.

After introductions etc, we concentrated on what we would be doing (our remit) as a PPG. There were lots of ideas put forward and this triggered us to look at some possible ideas and direction to get the group up and started.

Later, it was necessary for us to allocate some of the more official posts, such as Chair, Secretary etc. After much debate, two members eventually agreed to take the above posts. So, our Chair is Eileen Gough and our Secretary is yours truly Michael Reeves. We would need to look at further positions later, such as Treasurer and Publicity Officer. These titles may sound a little grand but actually involve work and some dedicated time. As secretary I take the minutes at meetings, set the agenda with approval from the chair and circulate all the information to the members. Having an email address certainly makes life easier (and saves on postage!). There is always lots to do and it is all very interesting, I am enjoying the challenge, I think we all are (and we enjoy our meetings). Well, we have had a few meetings now so I will highlight

the things we have started to get underway.

We are now affiliated with N.A.P.P (National Association for Patient Participation). This gives us access to lots of information about other PPGs across country and the sort of things they do and take on as part of their duties as a PPG. NAPP was formed in 1978 by Patient Participation Groups (PPGs) that wanted to network together nationally and to promote patient participation within GP surgeries. The charity has grown steadily and the model is increasingly accepted as an integral part of modern general practice. Joining NAPP has given us the opportunity to examine many other ideas and activities that other PPGs are providing. We receive a newsletter and there is a great deal of information at our fingertips on the website. I am sure we shall benefit a great deal as we set-up our PPG just by having this wealth of information available.

At our last meeting one of our members Richard volunteered to take on the post of Publicity Officer and hopefully it will be Richard writing these newsletter articles in the future.

Fundraising is not at the top of our agenda, but no doubt will surface from time to time when the members see a good reason to start raising money. Our main purpose is about patient care and working with the staff of Carnewater Practice to represent patients and strive toward excellence in all we do. Soon we will be producing a little booklet about CPPG and this will contain mini biographies of all the members. You will see as we

did that the skills and talents within our group are absolutely amazing, and I feel we will have much to offer in the near future.

Here are just four of our Aims and Objectives, I hope that these will give you an idea of the dedication we have as CPPG members:

1. 'To improve patient care'.
2. To gather 'Good News stories'.
3. To recruit young members into the CPPG.
4. To always make time to listen to Patients Genuine Concerns.

The group is currently looking at holding an open evening or afternoon for Carnewater patients to call in and see what we do. Perhaps other patients of the practice may want to become involved? We have a few ideas in the pipeline which we hope YOU would want to learn about and maybe get involved with. We may be a new group but we are determined and very focused to do all we can to assist with patient care.

If you would like to learn more, perhaps become involved, or just keep up-to-date with everything appertaining to your CPPG, feel free to contact me by email:

Michaelreeves@tiscali.co.uk or alternatively telephone me on 01208 76635 (evenings only please).

Thank you for reading this our first newsletter article and we hope to hear from you.

Michael Reeves
Secretary
Carnewater Practice Patients
Group (CPPG)



National Association of Patient Participation—Carnewater Practice Patients' Group are proud members.



Your surgery needs YOU...
Would YOU like to join in and be an advocate for patients?
Then contact Mike Reeves, Carnewater Practice Patients' Group Secretary, for more information—see article for contact details.

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STOP PRESS...STOP PRESS ...STOP PRESS...STOP PRESS

Dr Carlile is off on maternity leave in November—I'm sure you all join with us in wishing her all the very best, and we look forward to welcoming her back in time for summer 2012.

While Dr Carlile is away we have a locum doctor, Dr Verma, joining us for 6 months— We welcome him to our team.

STOP PRESS...STOP PRESS ...STOP PRESS...STOP PRESS



Children In Need

The practice will be doing its bit as always

this year—watch out for activities in November—details will be advertised soon!

Editorial—and your feedback please!

This is the third edition of our revamped newsletter, and I hope you have enjoyed it. Our aim is to make information and services as accessible as possible to all of our patients and to continue to offer traditional family healthcare while utilising the latest technologies, ensuring that all of our patients get the very best service possible from our team here at Carnewater. Check out our website too—its full of information and you can access lots of services there too.

We are very interested to know what you, our patients, think and welcome your comments, as well as suggestions as to what might be included in future editions of The Carnewater Chronicle.

Please send your comments and suggestions to the address or the e-mail address shown on the left of this article.

Thank you.

Next edition due winter 2011/12...Next edition due late Winter 2011/12...Next edition due late winter 2011/12...Next edition

Change4Life Up & About

www.nhs.uk/change4life

Up and about - activities for healthy kids

Modern life can be pretty comfy - sofas, TVs, computer games - there's just so much to keep kids sat down. But bodies weren't designed to sit down all the time - they need to walk, jump, run and move to be healthy, grow properly and use up the right amount of energy.

Of course it's important to relax, but there's a difference between chilling out and vegging out. The fact is that kids who are inactive don't burn off enough energy and store up fat in their body - yuk.

'Up and about' is all about activities for kids, and trying to get them moving whenever they can during the day. Simply being up, about and moving burns calories and helps fend off

diseases like type 2 diabetes, heart disease or cancer.

Just getting kids up off the sofa will help. So if they've been sitting for a while, get them up to jump around for a bit. You could try limiting the time they spend in front of the TV or computer too!

And if you can walk to school, or anywhere else you need to go, then do that instead of the car - it's better for the environment and you and the kids. If it's too far to walk the whole way, try getting the bus but get off one or two stops earlier and walk the last bit. It's about making small changes to your life to help your kids be more active and stay healthy.

See the Change4life website above for more information, and for adults too!

Why get fit?

Activity is good for kids' health. It raises their heartbeats and helps pump blood around their bodies. It's like a mini workout for their lungs and muscles! It also decreases their chances of getting life-threatening diseases.

A good dose of fresh air and exercise also helps us all sleep better. So tiring out kids with activity every day will help them nod off at a good hour and make them feel alert for the next day.

