

Patient Newsletter

WINTER 2019 – EDITION 19



Hugglescote Surgery

151 Grange Road
Hugglescote
Leicestershire LE67 2BS
T: 01530 832109
E: hugglescote.surgery@nhs.net
W: www.hugglescotesurgery.co.uk

Team News

We said 'Goodbye' to our Practice Nurse, Rachel in August and have recruited a new nurse who will begin on 21/10/2019. Her name is Sandie and she is currently a District Nurse in Derbyshire.



Donations - InterCare

We have recently received a huge thank you from InterCare, a charity which sends donated medical aid to rural health units in some of the poorest parts of Africa. Our recent donation included assorted needles; compression bandages; gowns and over sleeves – all of which have been extremely useful to their partner health units in Africa.

How can I help? If you would like to contribute to the next donation, items such as toothbrushes, toothpaste, hand soap and Milton sterilising tablets are very welcome. **Please drop items at Reception for donation.**

Premises and Car Park

These issues are still being discussed. The Practice is now required to produce a more detailed plan of our requirements to present to West Leicestershire Clinical Commissioning Group (WLCCG) and NHS England. WLCCG along with their colleagues in East Leicestershire and the City, are preparing an Estates Strategy document, which will be completed in December 2019. Once this has been done, we will have a better indication as to how we might work with our premises to meet the increase demand to come with the new housing developments in this area. We remain confident of a positive outcome.

Fundraising Day

The Surgery still needs to continue to raise funds for the purchase of:

- A Body Mass Machine
- A Centrifuge

We would also like to explore the possibility of:

- An external Defibrillator to be sited at the practice

The cost of all these items is in excess of £10,000. From our open day on 3rd July 2019, we raised an amazing £610 towards our goal. Please keep an eye out for our next fundraising event, which is provisionally scheduled for **30th November 2019.**



Books



Do you have any **unwanted books or DVD's**? At the Surgery we offer a mini library which includes children's books. If you have books collecting dust that you would like to get rid of please **drop them off at our reception desk**. We would be very grateful for donations. We are still fundraising for new equipment and sales from books/DVD's helps towards our goal. Thank you.

Patient Participation Group (PPG)

This Group is very active on behalf of the Surgery. All registered patients can join and can assist in whatever way they can. Your input is very important to us. PPG members continue to be active within both the West Leicestershire Clinical Commission Group and the North West Leicestershire GP Federation. The next meeting of the PPG is **Wednesday 2nd October 2019, commencing at 5pm**. The time has been changed to accommodate those who cannot make the 1pm meetings. Please contact reception to confirm your attendance.

'Flu Vaccinations Clinic

As we head towards our 'flu season why not familiarise yourself with some useful 'flu facts versus fiction.

The 'Flu jab give you flu - FICTION

The 'Flu jab cannot give you flu as it does not contain live viruses - FACT

A healthy diet and vitamin C will help prevent 'Flu - FICTION

'Flu is a virus and can affect anyone, no matter how good your immune system - FACT

I've never had 'Flu so I am unlikely to get it - FICTION

The 'Flu virus mutates so you will require yearly vaccination to be protected - FACT

Prevent yourself from becoming ill this 'Flu season and ensure you get your vaccination this year. It is worth it. 'Flu, pneumonia and shingle vaccinations will be held at the Surgery **on Saturday 5th October 2019**. Please contact reception to book in, or enquire about an alternative appointment for those who are eligible. As in the past, there will be the opportunity to check your blood, cholesterol levels and weight should you wish.



MMR Vaccine Overview

MMR is a safe and effective combined vaccine that protects against 3 separate illnesses – measles, mumps and



rubella (German measles) – in a single injection. The full course of MMR vaccination requires 2 doses. Measles, mumps and rubella are highly infectious conditions that can have serious, potentially fatal complications, including meningitis, swelling of the brain (encephalitis) and deafness. This can also lead to complications in pregnancy that affect the unborn baby, and can lead to miscarriage. Since the MMR vaccine was introduced in 1988, it is rare for children in the UK to develop these serious conditions. However, outbreaks happen and there have been cases of measles in recent years, so it is important to make sure that **YOU** and **YOUR CHILDREN** are up to date with MMR vaccination. Read the NHS leaflet [MMR vaccination](#).

Local Area Coordinators

Our Local Area Co-ordinators aim to improve the health and wellbeing of individuals and communities. This helps to reduce demand on public services (mainly health and social care), preventing people from reaching crisis, and requiring costly care and support services.

What do Local Area Co-ordinators help with?

- Individuals: thinking about how to make life better and looking at what you have to offer
- Connecting with others: linking people together and being part of a community
- Information: finding out about what's happening in your area and getting the right help from services
- Taking action: making positive changes

What will this mean for communities?

- Improved health and wellbeing
- Fewer hospital / emergency admissions and visits to the GP
- Better quality of life; improved confidence and independence
- Stronger individuals, families and communities
- More community links and social interaction - great community cohesion
- Positive use of community resources and buildings
- Increased levels of people taking part in volunteering, training or employment

This support can be short or long term. For more information and assistance contact Vicky Utting, Team Leader on 07534 263203

Facebook



Our Facebook page has been launched.
Please like our page for all the latest information about the surgery:
www.facebook.com/Hugglescotesurgery/