BEECHWOOD SURGERY NEWSLETTER

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# **Message from the Practice Manager**

**Dr Nai** We are pleased to announce that we have one new Registrar who has joined us. We look forward to welcoming them to the practice.

Did Not Attend (DNA) Update: Our DNA statistics have reduced on a monthly basis since introducing the IPLATO system. This system allows patients to cancel their appointments via text message. We would like to thank all those patients that have cancelled their appointments which have allowed us to offer these appointments to other patients.

 **Patient & Carer’s Support Event – Thursday 31st January**

The following representatives were present:-

* Age UK Essex - Age Concern Home Help Service
* Alzheimer’s - Carer’s First
* Care Navigation Partnership - Diabetes
* Epilepsy - MacMillan

Thank you for all those who supported the event. It was a great success and feedback from patients was very positive. We aim to provide another event later in the year.

***Message from PPG – Robin Maillard***

# PPG Group

(Patient Participation Group)

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We are a group 10 interested patients which work with the practice to help look at issues from a patient perspective.

We meet at the practice every 3 months to discuss current issues at the Practice which affect patients and any concerns from patients.

Chair:- Robin Maillard

Deputy Chairs:-

* Roland Hopwood
* Barry Ford

**To contact PPG via** Email: [PPG.Beechwood@nhs.net](mailto:PPG.Beechwood@nhs.net)

Date of the next PPG Meeting:- March 2019

One of the committees I am involved with is designing a Personal Health Record for patients to carry with them in case of emergency.

It will be available on the surgery’s website and can be completed, then downloaded and folded to a credit card size.

Beechwood Surgery has been selected to trial this in Brentwood and it will be available very soon for you to use.

Can we ask you to participate in this trial and give us feedback so that we can launch it throughout the area.

For patients with long term chronic conditions a series of health passports are being produced and these will carry all of your information, in particular, details of your condition and medication you are taking. Keep a lookout for these items and tell us what you think. **Thank you**

**USEFUL INFORMATION:-**

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| **Event to support people living with Type 2 diabetes**  The Living with Diabetes Day is: **Date**: **Friday, 29 March, 9.30am-4pm**  **Venue**: Towngate Theatre, St Martins Square, Basildon SS14 1DL  **Places are limited. To attend the Basildon event please call 01376 501390.**  The event is free and open to any adult living with Type 2 diabetes, or people who care for others with the condition. Lunch and refreshments are included. |
| People will learn how to maintain a healthy diet and become more confident in managing their diabetes day-to-day. There will also be an opportunity to ask diabetes experts questions and get practical up-to-date information. Type 2 diabetes is a serious condition where there is too much glucose in the blood because the body cannot use it properly. It can lead to sight loss, amputation, stroke and kidney failure if not managed well. There are more than 14,000 people diagnosed with diabetes in the Brentwood and Basildon area and around 90 per cent of these have Type 2.  **\*\*\*\*\***  Trans Youth Support Group  The Trans Youth Support Group is a safe place for young trans people and their families to meet, find friends and get some advice.  The group meets EVERY MONDAY at BasildonYouth Centre, the Town Centre, opposite Toys R Us. For further information contact Outhouse East on 01206 571394.  \*\*\*\*\*\*  **Talkback: CCG’s Patient Newsletter**  Talkback is Basildon and Brentwood CCG's patient newsletter for residents living in Basildion, Billericay, Brentwood and Wickford.  It contains the latest news about health and wellbeing campaigns, events and developments in the local health service.  If you would like to opt-in to receiving this newsletter please email [bbccg.contact@nhs.net](mailto:bbccg.contact@nhs.net)  or call 01268 594350.  **\*\*\*\*\***  **LIVEWELL CAMPAIGN**  The livewell campaign is designed to engage communities, families and individuals with the aim of providing information about all that is on offer in Essex to improve health and wellbeing. There is a real need to collectively find solutions that contribute towards wellbeing in order to reduce the cost to health and social care. All 13 Essex Local Authorities and our partners have come together to collaborate on the health and wellbeing agenda and work towards achieving better health outcomes for people across Essex.  **For more information go to: www.livewellcampaign.co.uk** |