



FPRG Newsletter No 11
Including Finchampstead Surgery News
Summer 2019

Wasted Medicines Survey

Welcome to the Summer Newsletter, no doubt you will remember that our last survey dealt with Missed Medical Appointments. We had very high response and it was most informative. The immediate result seems to be that the number of missed appointments in the following months declined. Now we have a new survey that we would like you to complete in a few weeks' time, it deals with Wasted Medicines. The NHS says that they cost the nation more than £300 million every year. The survey will be sent to you on or about the end of August.

Flu Clinic Saturday 14th September 8:30 - 11:30 OVER 65'S ONLY

The World Health Organisation recommends what influenza viruses should be included in the vaccine. This year there has been a delay in the recommendations for the quadrivalent flu vaccine for the under 65 year olds. We are expecting a delivery in October and will then set up further flu clinics. Influenza is a serious disease particularly for the elderly, so if you are over 65 put the date in your diary.

Attendance Allowance Benefits and Personal Independence Payments

If you are 65 or over and suffering from a physical or mental illness and have been ill for six months or more you may be able to claim a benefit called Attendance Allowance. To find out if you are eligible and to obtain a claim form, ring 0800 731 0122 between 08:00 and 18:00.

If you are aged between 16 and 64 and have been suffering from ill health or a disability for six months or more, you may be able to claim Personal Independence Payment. To check eligibility and to obtain a form, please contact 0800 917 2222 between 09:00 and 18:00.

If you are terminally ill, there are 'special rules' so you should obtain a form as soon as possible.

Changes in Patients' Health and Care Needs and Primary Care Networks

Because people are living longer more patients are living with long term health problems or disabilities and make a greater demand on NHS Services. To meet these challenges, the local Councils, Boroughs and NHS Trusts of West Berkshire, Wokingham and Reading have agreed to come together and share areas of local knowledge, expertise, experience, data technology and resources to make practical improvements to the services. The Surgeries within these organisations will also work together in groups of two or three as Primary Care Networks. Over time, people like social prescribers, pharmacists, physiotherapists, community

mental health professionals, physician's associates and paramedics could all be based within a PCN.

At the local level, it means that the Finchampstead and Swallowfield Surgeries will be a Primary Care Network and together during the next three years will develop a wide range of services that may save repeated travel to hospital clinics for some patients. It will enable patients to have help in the local community with the self-care and management of chronic conditions, such as diabetes, arthritis and pain. Improvement in the delivery of these services is key to making a difference.

Here at Finchampstead Surgery, the Finchampstead Patient Forum already contributes to this development by means of our regular Patient Reference Group Surveys that ask for feedback from Patients about their experiences of services at the Surgery. The outcomes and recommendations from the surveys are discussed by the Surgery and the Patient Forum, and can be useful in the planning of future services.

Modern life makes it hard to be healthy

Without knowing it, by the time we reach our 40s and 50s many of us will have dramatically increased our chances of becoming ill later in life. Whether we are eating the wrong things, drinking more than we should, continuing to smoke despite everything we know, or just not being active enough, all of these small things can add up to an **unhealthy you**.

But, it's not always easy to make a change in our busy lives – tempting treats in easy reach, bigger portions for everything we eat and technology that allows us to shop, stay in touch and be entertained without ever having to leave the sofa - modern life is ganging up on us.

The good news is we can fight back. **One You** is here to help you make small changes that fit your life, so you feel better and healthier, every day. **One You** provides tips, tools, support and encouragement every step of the way, to help improve your health right away. You are not alone – check out: <https://www.nhs.uk/oneyou/about-one-you/>

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