

# ST MARTINS GATE SURGERY

Issue 59

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**\*\* PLEASE REMEMBER - FLU CAMPAIGN \*\***

If you have not done so already, there is still time to book in for your flu vaccination. To check if you are eligible, please speak with Reception.

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## SELF CARE WEEK - 18th-24th November

Self care week is an annual national awareness week that focuses on providing support for self care across communities, families and generations. This year's theme is engaging and empowering people and the strapline is *Think Self Care for Life*.

More needs to be done to support people to better look after their own health. Empowering individuals to self care has many benefits for their short term and long term health and this is important since people are living longer. Helping people to look after their own health, and their family's health also helps to manage demand on Health Services.



Please remember to update your contact details, especially your mobile numbers as we use a free text messaging service. You can either speak to reception when you visit the surgery or simply give us a call. You can also change your details via patient access. When changing your address we do ask for this to be done at the surgery as we need to see documentary proof e.g. driving licence / passport / utility bill.

Please remember to book in for your annual reviews. We offer heart, COPD, asthma and diabetic reviews. You may be sent a reminder via SMS (it is very important we have your correct mobile number for this), by verbal invitation or through the post just before your birthday month. Please make sure you read carefully as there may be certain things you need to carry out before seeing the specific nurse.

**ANNUAL REVIEW**



## MOVEMBER - MEN'S HEALTH AWARENESS MONTH

1st - 30th November each year, Movember is responsible for the sprouting of moustaches on thousands on men's faces in the UK and around the world. The aim of which, is to raise vital funds and awareness for men's health, specifically prostate cancer and other cancers that affect men.

For more information visit the Movember UK website.

# Patient Participation Group

Patient Participation Group drop in sessions are a great way to get your opinion across on how we can improve our services to benefit you, the patient.

Why not pop in, say hello and see if they can help you in anyway. They are available in reception to speak to you on the following dates:

- Tuesday 12th November - am @ St Peters
- Wednesday 27th November - am @ SMG

**No Need to Knock  
Come on In!**

## Electronic Prescriptions

In future, all prescriptions will be issued electronically, with the national rollout of the existing service starting December 2019. The Electronic Prescription Service (EPS) has been testing with 60 GP practices and hundreds of Pharmacies and already accounts for almost 70% of all prescriptions. It is believed that it helps GPs and Pharmacists prescribe and dispense medicines faster and more securely and makes it easier for patient to pick up repeat prescriptions. You can also order or cancel prescriptions by using the online service Patient Access. If you have not already signed up for this service please speak with Reception.

If you find that items which you no longer require are being dispensed, phone or speak to the Pharmacist and check with your GP.

## WORKING TOGETHER TO SAVE MORE LIVES

Hereford & Worcester Fire and Rescue Service provide free safety advice to everyone. A free Safe and Well Check can be carried out for the more vulnerable such as the elderly, people living alone and those with reduced mobility.



They have learnt that visiting people in their own homes to make sure they have working smoke alarms and a good level of fire safety awareness prevents fires and saves lives.

A Safe and Well Check is a FREE home safety visit that is tailored to an individual's needs.

The visit includes a home safety check to help reduce the risk of fire in the home, including checking and fitting of smoke alarms where required. This includes alarms suitable for those with a hearing impairment and giving advice on a fire escape plan. It will also identify any health and care needs that require signposting to local services to help ensure safety and well-being.

### Who do they visit?

They offer a Safe and Well Check to the most vulnerable people in the community. The following is a list of vulnerabilities that may indicate a person is at more risk of harm from fire:

- Over 70 years of age
- Lives alone
- Has a physical or learning disability
- Has a cognitive impairment
- Has a hearing or sight impairment
- Is known to be substance or alcohol dependent
- Those who have had a previous fire
- Single parents with children under 5
- Have no working smoke alarms
- Is a smoker and displays signs of carelessness- burn marks
- Hoarding or high levels of clutter

If you require any further information or would like to see if you qualify please contact:

Community Risk Department - 0800 032 1155 or [safeandwell@hwfire.org.uk](mailto:safeandwell@hwfire.org.uk)

