

Carers Week 10th - 16th June

Carers do all this and more for family and friends who are older, ill or have a disability...



...all while trying to maintain a life of their own.

Help Build Carer Friendly Communities

carersweek.org

Carers week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

This Carers Week 2019, is coming together to help carers get connected.

There are 6.5 million people in the UK who are carers. They will be looking after a family member or friend who has a disability, mental or physical illness or who needs extra help as they grow older.

Caring can be a hugely rewarding experience but carers often find it challenging to take care of their own wellbeing whilst caring. Its impact on all aspects of life from relationships and health to finances and work should not be underestimated. Caring without the right information and support can be tough.

In this **About Carers Week** section you can find out:

about caring - what a carer is and how caring might affect your life

supporters & sponsors - who is supporting Carers Week?

Getting Carers Connected - how you can get involved

PATIENT MESSAGING SERVICE

MJog Messenger is designed as a health messaging app for patients and is used by thousands of GPs across the UK to deliver health information, health advice and access to specialist online health services which have been recommended by your GP.

The app allows you to get automated reminder messages, including appointments, which give you a quick and easy way to cancel an appointment you no longer need. This helps to avoid wasting GP time, and helps the NHS to save money including the cost of SMS messages sent by your Practice.

You can download the The MJog Messenger App for free from the App Store or Google Play Store using the links below (depending on whether you have an Apple or Android phone).

Visit <http://www.mjog.net/checker/guide/>



DO YOU HAVE A NEW MOBILE PHONE? HAVE YOU RECENTLY MOVED HOUSE? PLEASE UPDATE US WITH YOUR NEW CONTACT INFORMATION AS SOON AS POSSIBLE

Patient Participation Group

What is the PPG (Patient Participation Group)?

It is a group of patients who meet up with the practice manager and a member of the medical staff at regular intervals to see if there are any improvements that can be made to the service provided to patients.

Would you like an opportunity to influence these matters?

There are a number of ways you can do so –

See a member of the group at the regular 'drop in' sessions in the surgery waiting rooms.

Put your thoughts in writing and leave in an envelope at reception – addressed to

Phil Whitehouse, or you can e mail stmartinsgateppg@gmail.com Chairman of the PPG.

Using the Practice website www.stmartinsgatesurgery.co.uk sign up to the 'virtual group, where you will receive all the details of what is being discussed and can add your voice.

Attend one of the meetings, held, approx every 3 months.

Next proposed meeting – Wednesday 4th September.

Over to you – hope to hear from you soon.

PPG Awareness Week 10th - 16th June



The Patient Participation Group Awareness Week is organised by National Association for Patient Participation (N.A.P.P) which is a national charity formed on 1978. The theme for this year's awareness week is "Celebrating General Practice" which aims to promote widely the value of 'good' Patient Participations Group, where informed and involved patients work together with their Practice to improve the quality of care and outcomes for patients.

The awareness week also aims to promote the role and benefits of Patient Participation Groups to patients, the public and health professionals to create the understanding of the value of true Patient Participation and to promote support available from N.A.P.P.

Drop in sessions

During PPG Awareness week you may notice some members of the Patient Participation Group in our waiting area. Why not pop in, say hello and see if they can help you in anyway. These are a great way to get your opinion across on how we can improve our services to benefit you, the patient.

They are available in Reception to speak to you on the following dates:

- Monday 10th June—am @ St Martins Gate Surgery
- Tuesday 11th June 2-4 pm @ St Martins Gate Surgery
- Wednesday 12th June 2-4pm @ St Martins Gate Surgery
- Thursday 13th June—am @ St Peters Surgery