

ST MARTINS GATE SURGERY

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If you wish to use the online services, you'll need to register first.

To register, you will need to come into the surgery, bringing some proof of identification and request a registration letter. This will enable you to set up a full account. This registration method ensures your identity can be verified by the GP practice and that your personal details cannot be accessed by others.

Online services do not replace traditional ways of contacting your GP; they simply offer additional ways to interact with your GP, making it easier and more convenient for you. You can simply book and cancel appointments any time of the day, order repeat prescriptions from home or work, saving yourself a trip to the GP practice.

In return, it is hoped that the services will free up phone lines for people without internet access and enable GP practices to manage appointments and telephone calls more efficiently.



NHS

Click and easy

GP online services

You can now book appointments, order repeat prescriptions and even access your GP records online. It's quick, easy and your information is secure.

Register for online services at your GP surgery or to find out more visit nhs.uk/GPonlineservices



Prescribing of over the counter medicines is changing

Your GP, nurse or pharmacist will not generally give you a prescription for over the counter medicines for a range of minor health concerns. If you are interested in finding out more about OTC medicines then visit the NHS website below.

OTC - easy as 1 2 3

- 1 Advice** - think 'pharmacy first'
Your local pharmacist is an expert in medicine. They can advise you about common ailments and provide over the counter medicines
- 2 Accessible**- the high street can help
You can buy a variety of affordable over the counter medicines from pharmacists, local shops and the high street
- 3 As good as prescribed!**
Many over the counter medicines are the same as those your GP can prescribe

<http://www.worcestershire.nhs.uk/prescribing/otc-meds/>

**ovarian
cancer
awareness
month** march 2019

Ovarian cancer is the biggest gynaecological killer of women in the UK women, with UK survival rates among the worst in Europe . To find out more about Ovarian cancer awareness month got to: <http://www.ocam.org/>

Three quarters of women are diagnosed once the cancer has already spread, making treatment more difficult. This is why awareness is so important, to drive forward improvements in diagnosis, treatment and survival.

Patient Participation Group

Patient Participation Group are still holding their drop in sessions. These 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:

- Wednesday 6th March - am @ **St Peters**
- Tuesday 19th March - am @ **Turnpike House**

The next Patient Participation Group meeting is being held here on Wednesday 22nd May 2019 at 5.30pm It's an open invitation to all patients, so if you would like to attend, please report to reception by 5.30pm.

IMPORTANT CHANGES TO OUR TEXT MESSAGING SERVICE

It has been brought to our attention that the TEXT messaging service we use has changed recently and is causing confusion. The Text you used to receive **would** say **NHS No Reply**.

When you receive a TEXT from the surgery it will **now** be showing a mobile number **+447903591996**.

This is more than likely to be from the surgery about your forthcoming appointment.



The Dementia Advice Service offers information and advice to people who are living with memory loss or dementia, as well as their family and friends. If you would like more info visit there website:

<https://www.ageuk.org.uk/herefordshireandworcestershires/our-services/dementia-advice-service/>This service is free and is available to people over 18 who live in Worcestershire (or have a Worcestershire GP) who are experiencing memory loss or dementia, as well as their family and friends.



One in four adults and one in 10 children experience mental illness, and many more of us know and care for people who do. Visit this website to find out more info about NHS Worcestershire Healthy Minds.<https://www.hacw.nhs.uk/our-services/healthy-minds/>

Healthy Minds support people, aged 16 and over, who are experiencing problems such as stress, anxiety, low mood and depression. They help people improve their mental wellbeing through a range of interventions such as short courses, online therapies, and guided self- help.



10% of children and young people (aged 5-16 years) have a clinically diagnosable mental health problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

(Children's Society, 2008)

Call the team on 01905 766124 to self-refer.

Ask your GP to refer you.