



A joint Newsletter for the Jersey Way Surgery in Barwell and  
Clifton Way Surgery in Hinckley

## Barwell & Hollycroft Practice News– Issue 6

Over the past months a number of “Engagement” events organised by the CCG (Clinical Commissioning Group) have taken place inviting the public to attend and share their views and ideas about Community Healthcare in Hinckley & Bosworth. Its important that all the FACTS are looked at before people jump to conclusions—What will replace the services? How will I access them? Will what I get be better than what I had? How will the new doctors Federation fit into these new services? To help with this and to inform patients about other developments PPGs (Patient Participation Groups) across the area will be taking part in PPG Awareness week.

### June 6th PPG Awareness week.

In your surgery, (Barwell and Hollycroft), there will be members of our Patient Participation Group as well as other organisations who can provide information & support for you. Our aim is to keep you informed. The next meeting of our PPG group is on **Monday 16th May at Hollycroft Surgery**. If you are unable to attend or read this after the 16th May and want more information about the plans for Hinckley and Bosworth then visit [www.westleicestershireccg.nhs.uk/hinckley](http://www.westleicestershireccg.nhs.uk/hinckley). (More details in the first article)

### Hinckley & Bosworth (H&B) Healthcare & BCT

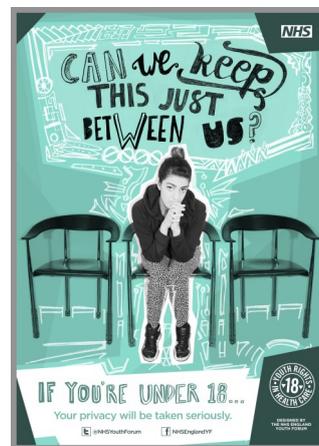
BCT (Better Care Together) is a 5 year Leicestershire plan to enable the NHS and Social Services to work together. As part of this plan H&B has been part of a public engagement in which the Clinical Commissioning Group (CCG) has been talking to patients in the H&B area to find out their experiences of using NHS services. From this the CCG has drawn up 10 key elements of what would help H&B improve its healthcare services

1. A happy workforce, working in new ways and realising their full potential
2. Citizen or person-centred outcomes
3. Equal focus on mental and physical well being
4. Positive carer experience (relationship centred)
5. Focus on prevention
6. Fit for purpose, safe, inspiring buildings
7. Integrated, co-ordinated support (health and social care; voluntary sector)
8. Family carers and patients as equal partners in care, wellbeing and change (holding providers to account)
9. Community based services
10. Financially sustainable (even if it means difficult decisions)

At the present time Patient Participation Groups like Barwell and Hollycroft have representation on the board and planning groups as plans are being formulated. If you want more information or need clarification on any issues please come along to our PPG meetings or contact Denise Luton at the surgery who will pass on your comments and questions to our representative so you can be contacted. The local press will publish dates of future public meetings. Please help us to create an NHS service in the Hinckley & Bosworth area that we and the rest of Leicestershire will be proud of.

### NHS Youth Forum

There is plenty of information out there about the fact that our population profile (especially in the H&B area) is showing a large increase in the number of elderly patients. This makes it even more important that we do not neglect the younger members of our community who have their own concerns. The NHS Youth Forum is an organisation set up to help younger people get the most out of the NHS. Search online for “NHS Youth Forum” where you will be taken to “You Tube” videos as well as articles relevant to the younger generation. Topics include “If you’re under 18 who decides what happens to me?” “What can I keep confidential” “ Will I be listened to?” “ What are your rights when it comes to Health Care”



We would really like to see younger members join our PPG meetings, especially students who are in the Upper school or 6th Form of their schools and colleges. In this time of change in Hinckley and Bosworth the decisions being made now will affect the generations to come. If you are a student attending a local school please show this article to your teachers and tutors and we can arrange to meet with schools and students who are interested in getting involved. Contact Denise Luton at the surgery.

### NHS Now App

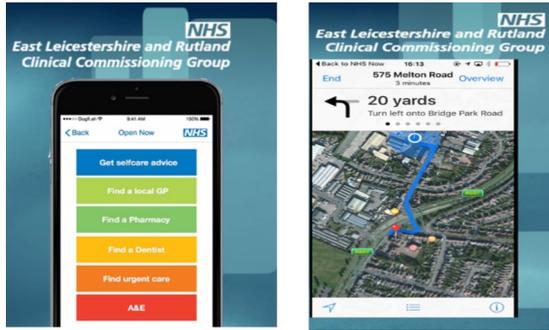


Healthcare  
access in  
**YOUR**  
hands

East Leicestershire and Rutland CCG (Clinical Commissioning Group) has created an App for your phone or tablet that enables you to find your nearest Urgent Care Centre, doctors surgery, Dentist and Pharmacy as well as health care advice on the move. You need a Smartphone or tablet device to access the App but its free and downloadable from “Google Play Store” for Android phones and the “Apple Store” for Apple devices. The App uses your

Send articles and questions via the surgery website <http://www.barwellmedicalcentre.co.uk> and go to the Contact Us section or bring suggestions to the surgery marked for the attention of Denise Luton.

GPS coordinates to identify where you are and then once you have selected the service you require a map appears showing you where the service is situated and how to get there. This application is linked to pharmacy websites so the opening times should be correct



and wasted journeys to find a pharmacy is closed should become less frequent. As closing time approaches so the App shows you how many minutes you have to get to the address before the service closes.

The App is still in its testing phase so it only works within Leicestershire at the moment but as the testing phase ends the hope is that it will be rolled out across the country. Well Done East Leicestershire and Rutland CCG!!

Any questions then search You Tube (NHS NOW) for an explanatory video or contact

[communications@eastleicestershireandrutlandccg.nhs.uk](mailto:communications@eastleicestershireandrutlandccg.nhs.uk).

### Befriending Group

Have you some time to spare? Do you like chatting to people? Barwell is setting up a Befriending group for those who are lonely and who doctors and other professionals feel could benefit from a visit or a chat on the phone with someone. This follows guidelines from the Leicestershire 5 year NHS Better Care Together plan which aims to link Social Services with the work of the NHS. If you feel you could help in any way in this chance to bring the "community" back into some peoples lives please contact Denise Luton at the surgery, by leaving your contact details, or email ([Denise.Luton@GP-C82061.nhs.uk](mailto:Denise.Luton@GP-C82061.nhs.uk)), Kerry Smith ([kerry.smith2@leics.gov.uk](mailto:kerry.smith2@leics.gov.uk)) or Philip Watson ([frpwatson@virginmedia.com](mailto:frpwatson@virginmedia.com)). We will be in touch.

### Do you look after someone who couldn't manage without you?

If the answer is yes, you are a carer, register your details at your Surgery.

Why not come to the **Time Out group**

- Meet others
- Have a cuppa and a chat.
- Help shape the group and have your say

Date: 10th of May  
Venue: Barwell Community House (LE9 8DG)  
Drop in from 7pm to 8.30pm

If you have missed this meeting or want further information contact Kerry Smith about Carer support

### Keeping local people independent and healthy in their homes

Is your home affecting your health? Or do you know someone who needs help staying safe and healthy at home? If so, the 'Lightbulb' service can help.

Lightbulb supports local people to stay independent and healthy in their homes. Ask your GP for more information, or come along to one of the Lightbulb drop-in sessions at Barwell Surgery.

The drop-in sessions will take place during the morning clinic, 9am - 1pm, on the following dates:

- 12<sup>th</sup> May
- 19<sup>th</sup> May
- 26<sup>th</sup> May
- 2<sup>nd</sup> June
- 9<sup>th</sup> June
- 16<sup>th</sup> June
- 30<sup>th</sup> June

Lightbulb's support includes:

- Technology around the home - gadgets, pendants and alarms to make your life easier
- Keeping warm – energy saving advice and home improvements
- A handy person service - to keep everything safe and help avoid accidents in the home
- Other practical help to keep you well and independent at home

Many thanks

**Natasha Preston**

**Housing Support Co-ordinator – Lightbulb**

### Message from the Doctor

Prepare for the summer season and stay healthy this year. With the lovely season of summer comes the plague of hayfever for some sufferers. We have many patients attend the surgery suffering with blocked and runny noses, watering itchy eyes and sneezing. It really can be quite debilitating and to make things worse it happens at a similar time to exams in schools.

Hayfever can also trigger asthma which makes it extra important for patients with asthma to take their preventer inhaler regularly at such times.

On high pollen count days (count above 50) which are advertised in the paper, online and on TV it is sensible to stay indoors as much as possible, keep windows closed, avoid cutting the grass, wear wrap-around sunglasses and shower after being outdoors.

There are many medications which can be bought from the local chemist or supermarket. Some of the choices are as follows:

-Antihistamine tablets (Loratadine and Cetirizine) -Steroid nasal sprays (Beconase) -Eye drops (Sodium Cromoglycate) -Other nasal sprays (Sodium Cromoglycate, Antihistamine and others) There is excellent information available online ([www.patient.co.uk](http://www.patient.co.uk) or [www.nhs.uk](http://www.nhs.uk)) and your local pharmacist can be a great source of information and help. Of course if you have tried all of this and are still suffering there are other things that your GP can prescribe to help.

The other aspect of the summer that can be dangerous is, if we are lucky, the sun. Please make sure that you protect your skin from the damage that can be caused by the sun, particularly children. Try and keep out of the sun between 11am and 3pm. If you are out keep covered up with a wide brimmed hat, loose baggy T-shirt and wrap-around sunglasses (with UV protection). Use high factor sunscreen creams of at least sun protection factor (SPF) 15 or 30 for children or people with pale skin. Sunscreen needs reapplying at least every 2hr and after swimming. The sun is not all bad and does help provide our bodies with vitamin D and we do need about 3 exposures (20-30minutes) a week to top up our levels!

Anyway have a great and safe summer 2016 and enjoy the football when England win the European Cup! **Dr Darren P Jackson**

**GP Barwell & Hollycroft Medical Centres**



### Surgery News

Congratulations to Dr. Rajyaguru on the birth of his baby daughter, Dr. Kent (nee Pearson) our GP Registrar who is now on Maternity leave after the birth of her baby boy.