



The Spinney Medical Centre

University of Liverpool approved Post Graduate Training Practice
A member of the Federation of St Helens Training Practices

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"your care, our priority"

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Winter 2011 Newsletter

Welcome to The Winter 2011 edition of our Newsletter which we hope will provide you and your family with the news, information, help and support in receiving the best local health service you require.

Minutes at the last Patient Forum Group meeting, which took place on Weds 11th October 2011,

Present: Dr. S Hyde, Dr. C Clarke, (Practice Partners), Katie Power (Practice Manager), Sister Karene Tagg (Practice Nurse), Jillian Lucas (Senior Customer Service Advisor). Pat James, Sylvia Brady, Mary Ratcliffe, George Connolly (Patients).

Apologies: Eric Smith. Colin Hannon, John Walsh.

Matters Discussed: at a previous meeting it had been decided to formulate an official PPG, with an organised committee, consisting of a Chairperson, Treasurer/Asst Chairperson, Secretary/Newsletter Editor. Together with any Practice patients who wished to attend the bi-monthly meetings.

A document containing the full job descriptions having been previously circulated by post, the members present talked the matter over at length. John Walsh, who was not present and had tendered his apologies, had volunteered his services to act as Chairperson: the following members were then unanimously elected:

Chairperson: John Walsh.

Treasurer/Asst Chairperson: Pat James.

Secretary/Newsletter Editor: George Connolly.

Patient Survey: the Spinney Medical Centre in its desire to offer the best possible service have introduced a questionnaire for patients to respond to. There was some discussion as to its content and how it was to be distributed. An acceptable format was agreed.

Name Badges: it was suggested that Practice Registrars should be issued with name badges and that Patient customer Service staff be asked to wear their name badges at all times.

Future Events: a fund raising event in aid of the McMillan Nurses was proposed to be held early December together with an ongoing Xmas raffle, to be drawn closer to the Holiday Break.

There being no further business the meeting closed at 1.25pm.

Next meeting: Weds 14th December 2011, 12.30pm. Spinney Medical Centre.

Xmas opening times: :

Fri 23 rd Dec. 11	Normal Hours.
Xmas Eve Sat. 24 th Dec. 11	Closed.
Xmas Day. Sun 25 th Dec. 11	Closed.
Boxing Day Mon 26 th Dec. 11	Closed
Bank Hol. Tues 27 th Dec. 11	Closed
New yrs Eve. Sat. 31 st Dec. 11	Closed
New Yrs Day Sun 1 st Jan. 12	Closed.
Bank Hol. Mon. 2 nd Jan 12	Closed
Tues . 3 rd Jan 12.	Normal Hours.

Seasonal Flu. Seasonal Flu happens every year, usually in the winter. It's a highly infectious disease caused by a virus and spreads easily from one person to another. Flu vaccine protects those people who are most at risk from catching or spreading it. The vaccine is available free of charge to people aged 65 or over and all pregnant women. And for people with, diabetes, chest problems, a heart problem, kidney or liver disease, spleen problems, neurological conditions, you should also have the vaccine if you are a carer of an older or disabled person

Christmas isn't always a time of cheer for everyone. You may be far from your family or have nobody to share the festive period with. Please remember this period is only a short one and a new year is fast approaching! If you need someone to talk to you can call the Samaritans on 08457 909090.

Patients Repeat Prescriptions. Please inform the Surgery if Pharmacies order items on your behalf you do not require. (huge cost to NHS.) Should you have any prescription enquiries please speak to Carmel, Karen or Donna our Patient Care Advisor's who run the repeat service.

Dr. Richardson and Dr. Wilkins, two extremely popular registrars, complete their placement periods at the Spinney, Dr. Richardson in December, and Dr Wilkins in February, all at the Spinney wish them good luck every success for their future.

We extend a warm welcome to our new permanent salaried GP. **Dr. Sage,** and also to **Dr. Fletcher** who is returning from maternity leave.

Keep Warm, Keep Well

It's that time of year again! Winter has begun, the cold weather's here . . . and so, its more important than ever that we look after ourselves, keep warm and keep well. As well as increasing the chances of slips and falls, the cold weather can also cause other serious health problems - like heart attacks, stroke and pneumonia. This means it's essential to keep warm in winter. As part of their Winter Survival Campaign, NHS Halton and St Helens are offering practical advice and support about how to stay warm and well during the winter, and helping people understand how to reduce the risk of falling ill in the first place. Our own Dr Steve Cox, of the Spinney Medical Centre, and Medical Director at NHS Halton and St Helens said "There is a direct link between cold weather and heart and respiratory problems, serious illness, discomfort and depression, so it's really important for residents to look after themselves and others as the temperatures continue to fall. For more information you can find further help on the following website. <http://www.ageuk.org.uk/get-involved/spread-the-warmth/winter-wrapped-up/>

McMillan Nurses Support Raffle: The Xmas Raffle was a huge success last year, raising well in excess of £200.00. We hope to repeat this success at our McMillan Nurses Cancer support, Xmas coffee morning and Raffle. To be held on Friday 16th December at 9.30 am. with Christmas Gift Hamper raffle. Hot drinks and home made cakes on offer.

Pilkington Recs under 10's RL. Team. Rainhill United FC. The Spinney is proud and pleased to announce support and sponsorship of these local teams. Please give them your support also.

George Connolly,

Patient, The Spinney Medical Centre PPG

This Newsletter is produced by the Spinney Patient Participation Group which was set up by the Practice to provide an opportunity to discuss topics of mutual interest, and to provide means for patients to make positive suggestions about the Practice. If you would like to be more involved in the work of the Spinney, you are welcome to attend the bi-monthly meetings. Speak to a member of the Practice staff or contact one the members whose details are available on the waiting room notice board.