

# **HORNDEAN SURGERY**

# **PATIENT PARTICIPATION GROUP**

## **SUMMER 2012 NEWSLETTER**

### **NEWS ON OUR NEW PREMISES**

You may have read in the local evening news that Burton Property Group have pulled out of the Gales Brewery Development. The Practice has spent a lot of time and money on this venture and we are very sad that this has happened. We would like to reassure you that we remain very serious and committed to the project at Horndean and we will endeavour to work with any new developer to secure new premises. We thank you for your continued support and will keep you informed of any new developments that take place.

### **PATIENT SURVEYS**

Many thanks to all of our patients who kindly completed our online patient survey. Overall the results were very positive. The practice, with the support of the Patient Participation Group, has produced a report outlining the actions it will be taking as a direct result from the survey. If you would like to read the results and our practice report please visit [www.horndeansurgery.co.uk](http://www.horndeansurgery.co.uk) or see the Practice Report folder in reception.

### **CLINICAL COMMISSIONING AND THE NEW HEALTH AND SOCIAL CARE BILL**

There has been much media coverage lately regarding the Health and Social Care Bill which has recently been passed through parliament. Primary Care trusts will disappear as General Practices move into Clinical Commissioning Groups. Horndean Surgery will be working hard to support our local CCG which is called the South Eastern Hampshire Commissioning Group. For more information regarding the Commissioning Group please visit [www.hampshire.nhs.uk/ship/sehccg](http://www.hampshire.nhs.uk/ship/sehccg). If you have any comments or queries about the South Eastern Hampshire CCG please contact : Jo Parkinson, Development and Engagement Manager, South Eastern Hampshire CCG, Commissioning House, Building 003 Fort Southwick, James Callaghan Drive. Fareham. Hampshire PO17 6AR Tel: 02392 282085 Email : [hamp-pct.sehccg@nhs.net](mailto:hamp-pct.sehccg@nhs.net)

### **GOODBYE AND THANK YOU**

It is with sadness that Gareth Denby, the current chair person of our Patient Participation Group has decided to finally retire from the group. Gareth has been instrumental to its success and has worked tirelessly since its creation in 2007 to ensure a positive and proactive practice / patient liaison. There is no doubt that patient pressure has done more than any other factor in trying to achieve our goal of a new building. On behalf of the partners and staff, I would like to say a huge thank you to Gareth for all his hard work and commitment to the group over the past 5 years. Dr Mark Coombe

## HERE COMES SUMMER

The effects of a heat wave can be severe for everyone, but particularly for young children, older people and those living with a long-term health condition. There are easy steps which everyone can take to stay safe:

- Stay out of the sun between 11am and 3pm – the hottest part of the day.
- Take cool baths or showers to avoid overheating, and have regular cold drinks.
- Wear loose and cool clothing, along with a hat, if you do have to go outdoors.
- If you suspect that someone is suffering the effects of heat wave, particularly if they have symptoms such as breathlessness, weakness and dizziness, then NHS Direct can provide advice.

NHS Direct has a range of heat-related health and symptom checkers covering topics such as bites and stings, hay fever, and burns, which you can access online anytime.

It's also important to be aware of other unwanted effects of hot weather. Damage to skin from the sun is one of the main risk factors for developing skin cancer, and our health information advisors provide valuable information about how to stay safe if you do venture out in the sun. You should use sunscreen with a sun protection factor of at least 15 and apply generously to clean and dry skin about 30 minutes before heading outdoors. Don't forget to reapply sunscreen regularly, especially after swimming.

Additionally, keep a close eye on your skin throughout the year and seek medical advice straight away if you notice any changes to moles, as these could be a sign of skin cancer. For more information and guidance visit [NHSdirect.nhs.uk](http://NHSdirect.nhs.uk) or telephone 0845 4647

## THE PRACTICE NURSING TEAM

The Practice Nursing team consists of 3 clinicians who are qualified Registered Nurses and Health Care Assistants who have specialised knowledge of Practice Nursing.

Each has specialist skills at your disposal and they are competent in dealing with all aspects of patient treatment in General Practice, including:

- Well woman, Well man and teenage health screening
- Minor illness and injury treatment and advice
- Cervical Smears
- Smoking cessation advice
- Dressings and wound care
- Childhood Immunisations
- Ear Care
- Travel Immunisations
- Chronic Disease management which includes clinics for those suffering from Asthma, COPD, Diabetes, Hypertension and Coronary Heart disease.

## PATIENT PARTICIPATION

The Horndean Surgery has an active Patient Participation Group who meet regularly to increase liaison between patients and the practice for the overall improvement of health care and services we provide. If you would like more information or to become involved please see the details in our [Patient Group section](#) at [www.horndeansurgery.co.uk](http://www.horndeansurgery.co.uk) or ask at reception.