

WANSFORD AND KINGS CLIFFE NEWSLETTER



2017

Some statistics AUGUST 2017

Number of items on pre-
scriptions issued: 7429

Number of appoint-
ments booked: 4417

Number who failed to
turn up 77

Incoming telephone calls
answered: 6673

Number of results re-
ceived 1476
(e.g. blood tests etc.):

FLU CLINICS!

**Ask at reception for
dates of our walk-in
clinics**



SUGGESTION BOX

We welcome your suggestions. Our suggestion box is on the wall in the corner of the waiting room. Your suggestions can be anonymous but bear in mind we will not be able to ask for further information if we don't know who you are!

Tansor



We are pleased to announce we now have an occupational health therapist available for information and advice for people who are looking for wheelchairs, equipment to help maintain independence, home adaptations, referrals to other services— Contact 01832 226055 and speak to Ann Gould

MEDICATION REVIEW PROCEDURE – If you are on regular medication you are required to have an annual medical review. We aim to do this around the month of your birth.

We will attach a slip to your prescription when your review is due. This will tell you whether you need to book a blood test, take your blood pressure and/or weigh yourself. After we have all the results you will need to book a medication review appointment. These are done by telephone. If it is difficult for you to take a call (maybe you are not permitted calls at work for example) please inform the receptionist and we will endeavor to accommodate you some other way. -----



Frailty—over the next 20 years we anticipate that the population of Cambridgeshire will increase by 25% (from 627,000 to 800,000 people). Incredibly the population over 65 is likely to grow by 80% and the population over 90 years old by 250%! Clearly we need to be increasing provision for our senior patients. Dr Nally has begun some work for Cambridgeshire and Peterborough CCG to identify those patients who are becoming more frail and whose needs are becoming more complicated earlier in order to try to identify services and support systems that might help them to stay in their own homes. Once identified, such patients will be contacted by a multi disciplinary team coordinator who will invite the patient to have input from the team. This might mean help with practical tasks such as DIY, shopping, visits to supervise medication, help with issues such as loneliness which is an increasing problem. There are also professionals who will be able to advise on appropriate exercise programmes, mental health issues, housing matters etc. It's an exciting new development which we hope will make a big difference to our patients' lives.



Dog mess—our gardener has reported dog excrement in bags all along our verges. If you have a dog, please dispose of the dog waste properly.



The surgery is pleased to announce that dementia services will be provided within the practice from September 2017. Our Dementia Adviser provides individualised information and support to people in the process of getting or after a diagnosis of dementia.



Our Dementia Support Workers give personalised information and support to people with dementia and their carers. We can arrange for you to be visited at home or you can attend the surgery to discuss your needs further. Please contact reception to book an appointment. Below is some more information about dementia services:

Services in Peterborough at the DRC

Alzheimer's Society Peterborough provides a range of services for people with dementia, their families and their carers. We are open from **9am to 5pm, Monday to Friday**. Please call us on **01733 893853** or visit the **Alzheimer's Society, Dementia Resource Centre, 441 Lincoln Road, Millfield, Peterborough PE1 2PE**. Entrance via 5 York Road PE1 3BP. Email: peterborough@alzheimers.org.uk

Someone to talk to You can phone at any time during our opening hours to talk in confidence with a member of our Dementia Support Service. Alternatively come to one of our drop-in peer support groups:

Mondays 2pm - 3.30pm for people with dementia and **Wednesdays 10.30am - 12 noon** for carers. Our staff are here to listen when you just feel the need to talk, or to offer information and advice on specific issues.

Dementia Cafés Anyone who has dementia or is caring for a person with dementia is welcome to attend the Cafés which are held Thursday afternoons at selected venues. Each Café is staffed by Alzheimer's Society workers and volunteers. We usually invite a guest speaker to talk at the café, this may be a solicitor, pharmacist or dietician or anyone the group has expressed an interest in listening to.

The Carer Information and Support Programme (CrISP)

Our Carer Information Support Programme is a series of five workshops for carers and family members of people with dementia. This programme aims to offer structured information to inform and support the caring role. Carers do not necessarily have to live with the person with dementia.

Activity Groups We offer a wide range of activity groups including Singing for the Brain, Knit & Knatter, Current Affairs, Cognitive Stimulation and Arts & Crafts. These services give people with dementia the chance to meet others in a relaxed setting.

DEMENTIA CAFES

Yaxley	1st Thurs of the month 10.30am-12pm	Royal British Legion 210 Broadway PE7 3NR
Longthorpe	2nd Thurs of the month 2.15pm-3.45pm	St Botolph's Church, Thorpe Road PE3 6LU
Ferry Meadows	3rd Thurs of the month 2pm-3.30pm	John Horrell Room, Nene Park Trust Ham Farm House PE2 5UU
Eye	4th Thurs of the month 10.30am-12pm	The Spinney, 1 Neath Court PE6 7UB

New GP Hub provides evening and weekend appointments to patients across Greater Peterborough. Patients across Greater Peterborough now have access to evening and weekend GP and nurse appointments at the GP Hub, based at Boroughbury Medical Centre, Craig Street, Peterborough.

The GP Hub is a new GP-led evening and weekend service where local GPs and nurses offer a range of services for all patients registered with a GP practice in Greater Peterborough.

Appointments are available to book between 18:30 and 20:30 Monday to Friday and from 09:00 to 17:00 at weekends and on Bank Holidays. To book an appointment, patients simply need to phone their own practice as they would do normally and they will be advised of which appointments are available at the GP Hub. Over the next 12 months the GP Hub, which is run by a group of local GP surgeries called the Greater Peterborough Network (GPN), will provide an extra 20,000 GP and nurse appointments to local residents.

For further information patients should speak to their GP practice's reception to find out more about booking appointments, they can also visit

www.greaterpeterboroughgps.nhs.uk, or find Peterborough GP Hub on Facebook.