

The Dicconson Group Practice

PPG Newsletter

The Dicconson Group Practice
Boston House, Frog Lane,
Wigan, Lancs
WN6 7LB | 01942 482000

Want to have your say & have no time for meetings?

The PPG virtual group might just be the answer, Malcolm Coe, PPG chair said 'meetings are not for everyone for all kinds of reasons and as we are keen to broaden our membership so we can be more representative of the Practice demographic statistics, we are offering any patient the opportunity to join our virtual group. In this way you won't need to attend a meeting, just receive and send views electronically if you want to.

Anyone interested, please contact the practice manager.

Antibiotics



Antibiotics are becoming less effective as they are being prescribed in cases where they may not actually be needed. Simple sore throats, colds, influenza (flu) and most gastroenteritis cases (sickness & diarrhoea) are caused by viruses – antibiotics will not

be effective in these cases. Unfortunately we will all get coughs and colds from time to time, as will our children.

There is help available to protect against certain infections in the form of vaccinations i.e. if you fall into the target groups of influenza vaccination, then having this vaccination may reduce the risk of flu. Vaccination is available against pneumonia for those over 65 (and with other chronic illnesses). The childhood vaccine programme is also changing, and again protecting your child against flu (if in target age groups) is recommended.

We also know that smoking is linked to more coughs, colds and sore throats – please feel free to speak to a member of our clinical team if you would like to discuss your options around stopping smoking.

PPG Members

We are pleased to give a warm welcome to the following new members of our group:-

Kathryn Scott

Lesley Wadeson

William Wadeson

Carole Abraham-Roth

Sue Nelson

Angela Shacklady

Mark Fegan

We are sure you will all be valuable members and bring new ideas and enthusiasm to the group. Thanks go to the members who retired last year:

Teresa Jones

Gerrard & Margaret Davies

Sandra Brogan

David Barbour

Thanks must also go to Wendy Dutton who retired as Chair having successfully led the Group since its inception five years ago. We look forward to continuing to benefit from her experience for many years to come.

Appointment Audit

Audit Date from 1 April 15 - 7 Dec 15

GPs and Practice Nurse

Total face to face appointments 19176

Total telephone consultations 6066

Total Did not attend 1183

New Doctor

Welcome to Dr. Catherine Hart who started on the 2nd September; she was originally a partner at Standish and has since been working at the Bradshaw St. surgery in Orrell. We wish her all the best in her new position.

REACHING OUT TO CARERS

Are you providing unpaid care to a partner, friend or neighbour who is suffering from ill health, old age, disability, drug or alcohol misuse? Then you could be a CARER.



Wigan and Leigh Carers Centre is based in the centre of Hindley, we also have Outreach sessions across the borough and we support carers both emotionally and practically. Some of the ways we can do this is by offering... Benefit Advice, One to One Support (for the carer), Training/activities, Befriending Service, Counselling, Carers Assessments. Letting your GP know you are a carer, plus lots more.

For more information please either:

Ring us on 01942 705959

Email info@wiganandleighcarerscentre.org.uk

and speak to Pat Millward or your GP/reception staff or pick up our leaflet.



<http://www.wheelchairfund.org/>
<http://www.redcross.org.uk/>

Cancer Awareness

You may have noticed that there was a breast cancer awareness campaign running throughout August and September. The campaign was aimed at women over the age of 70, and was attempting to highlight the fact that whilst breast cancer is most often seen in the age group 50-65 yrs, there are still a considerable number of women aged 70 and over who do unfortunately develop breast cancer.

This campaign was part of the national Be Clear on Cancer campaigns, which aim to raise awareness of common cancer related symptoms. It really is impossible to list all the signs and symptoms of common cancers, but a useful reference point is the Cancer Research website: [http:// www.cancerresearchuk.org/](http://www.cancerresearchuk.org/)

In Wigan borough, we still have a large number of cancer cases that are diagnosed in A&E this is often because patients have not seen their GP beforehand, but then become very unwell, and required hospital treatment. Any cancer that is diagnosed in this way is much less likely to be treatable, therefore picking up cancers early is essential.

If you are worried about any symptoms you may have, please do come and see one of the GPs. You can ask to see a male or female GP (this may require a little bit of flexibility on your behalf too !) Certainly it may help if you tell our receptionists that you have symptoms that you are concerned could be a sign of cancer, as we will certainly be as flexible as possible in trying to meet your appointment needs.

We also know that stopping smoking and regular exercise is linked to a reduction in the risk of many cancers – please speak to one of our clinical team if you require any assistance in these areas. Screening is available for some cancers too (to try and pick up potential cancers at a very early stage) – therefore PLEASE ensure you are up to date with cervical smears, and attend appointments for mammograms. For patients over 60 who receive a bowel cancer screening pack, we would advise to complete the test.

Dr Liam Hosie

GP Partner Cancer Lead GP Wigan Borough CCG Lung and Upper GI Manchester Cancer Pathway Board Member

Breast Screening Programme

The mobile breast screening service will be coming to the Thomas Linacre Centre in August 2015 for approximately 12 months. During that time women from a number of Wigan GP practices will be invited to attend a screening appointment. Our patients will be invited throughout December 2015 and January 2016 – please take up this appointment.



This programme saves 1400 lives every year.



Wigan Council has commissioned Wigan Borough Care & Repair, a not-for-profit Home Improvement Agency, to provide an Affordable Warmth Access Referral Mechanism (AWARM), which can help individuals to stay healthy, safe and warm at home.

If you have a low income, high energy costs and a long term health condition, Wigan Borough Care & Repair can visit you in your home to carry out a free Healthy Home Check and with permission make referrals onto services.

Pick up an AWARM leaflet from your surgery reception.

You can receive further information and advice from:

AWARM, Wigan Borough Care & Repair Mon-Fri 9am-5pm
Tel: 01942 239360 | Fax: 01942 38601



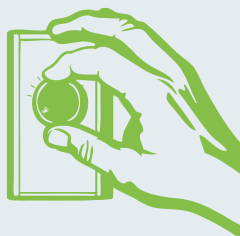
Fuel Poverty Awareness Day 26 February 2016

Care and Repair Wigan Borough with the support from Public Health at Wigan Council have submitted an application to National Energy Actions (NEA) annual winter initiative, The Warm Homes Campaign.

They have been successfully awarded funds to hold an information marketplace exhibition to promote the different services available under the AWARD Programme. The proposed date is Friday 26 February 2016 National Fuel Poverty Awareness Day. It will be held at Boston House in partnership The Dicconson Group Practice, details of the day's agenda to follow shortly.

Fuel Poverty Facts

40% of vulnerable households are faced with the stark choice of heating or eating and 20% of parents regularly go without food so that children can eat (*Cooper et al 2014*).



Children living in inadequately heated households are more than twice as likely to suffer from conditions such as asthmas and bronchitis as those living in appropriate temperatures (*Friends of the Earth and Marmot 2011*).

GP consultations for respiratory tract infections can increase by up to 19% for every one degree drop in temperature below 5°C (*Friends of the Earth and Marmot 2011*).

Cold Homes are currently a bigger killer across the UK than road accidents, alcohol or drug abuse (*ACE, 2015*).

What difficulties do people with dementia have?

Dementia often starts with short-term memory loss but it can also affect the way that people think, speak and do things. People with dementia can become confused, find it difficult to communicate, as they can't remember the words that they want, and can have difficulties planning.



Dementia also affects people's moods and motivations they can feel sad, frightened, frustrated or angry about what is happening to them. However, with a helping hand, people living with dementia can still enjoy their hobbies, have good relationships with partners and friends and live independently for longer.

There are a number of ways to get involved:

- Practice Staff are able to attend a Dementia Friends Champion volunteer induction day and learn how to run Information Sessions for their colleagues.
- Individuals are able to volunteer as a Dementia Friends Champion their role will be to learn a little bit about dementia, run Information Sessions in their community and inspire others to help those living with dementia live well.

See the full list of Champions training sessions on our website <https://www.dementiafriends.org.uk>

For more information how to get support for you or your organisation to be more dementia friendly please email DForgs@alzheimers.org.uk

Speak to our Reception team and arrange an appointment with our practice nurse for your

FREE VACCINATION

MMR vaccine	16yrs old and over - who have not been fully vaccinated against MMR.
HPV vaccination	HPV Booster for girls aged between 14 and under 18 years old on 31.03.2016
Meningitis vaccine	Meningococcal ACWY – aged 18 years and 25 years old Men C Booster – aged between 14 years and under 26 years on 31.03.2016
HPV vaccination	HPV Booster for girls aged between 14 and under 18 years old on 31.03.2016
Pertussis pregnant women	From 28 weeks pregnancy – this can also be given at the same time as the flu injection
Shingles Vaccination	Routinely for 70 year olds as at 01.09.2015 Shingles catch up programme for 78 & 79 year olds as at 07.09.2015
Pneumococcal vaccination	Over 65 years Aged 2 to 64 years in one or more of the at risk groups
Childhood immunisations	Rotavirus (routine childhood immunisation) Nasal Flu Vaccination - Children aged 2, 3, and 4 years old on 01.09.2015

Wigan GP Access Alliance

Do you need to see a GP or a Practice nurse in the evenings or at weekends? Wigan Borough GPs have come together to provide extended access to a GP in 'hubs' across the borough.

You can book an appointment

Weekdays 6.30pm to 8pm

Weekends 10am to 4pm

Currently there are three hubs open- ***Pemberton Surgery, Shevington Surgery and Seven Brooks Surgery (Atherton).***

More hubs will open accross the borough soon.

To make an appointment please ring: 01942 482848

Your Views

What would you like to see in this newsletter?

If there is anything you would like please let the PPG know.

What are your needs?

The PPG would like to know your views on the practice so that we can establish if there are any areas for improvement.

Let your PPG know via the practice manager

Share Your Experiences:

If you have experienced any treatment or services which you may find will benefit anyone else(good or bad) please let the PPG know and we can share it with others.



**Do we have your up-to-date
contact information?**



Please complete the form at reception.