



Stethoscope

Great Harwood Medical Group PPG Newsletter

1st Edition - December 2014



Great Harwood Health Centre

In This Issue

- In Brief - Minutes of last PPG Meeting
- Inter Care - Medical Aid for Africa
- Community Groups and Activities
- Staying Healthy this Winter

In Brief From The Minutes Of Last PPG Meeting 2nd December 2014

Newsletter – This is our first PPG newsletter—the title ‘Stethoscope’ was chosen as ‘stethoscope’ means to find out what’s going on under the skin.

Chairman – We are still in need of a chairman – any volunteers?

New Staff: Two new staff have joined the team, Carol Flynn – Practice Nurse and Jackie Whiteside – Nurse Practitioner. Please see more details later in this newsletter. The PPG welcomed them.

Guest Speaker – Michelle Pilling, Lay Advisor for Quality & Patient Experience from East Lancashire Clinical Commissioning Group (CCG) gave a presentation on how the CCG works, what it means for us the patients and how it is hoped it will go forward in the future.

Practice Update – Dr Grayson advised the group that the recent report from the Care Quality Commission gave Gt Harwood Medical Group a maximum rating of 6. Brilliant well done all doctors and staff!

Friends & Family Test – This is a national survey which asks if you would recommend your GP practice to your friends and family. Please fill out the small questionnaire on reception.

Walking Frames & Crutches – The group will look into possible recycling.

YOUR PPG IS SUPPORTING;



You can return your unwanted prescription medicines to this surgery and help Inter Care send surplus medicines to sub-Saharan Africa.

What Medicines Can Be Donated?

Not all medicines used in the UK are appropriate to people living in poverty in Africa, whose average life expectancy is often less than 40 years of age. Many illnesses associated with older people are rare, because most people simply don't live long enough to get them.

Please make sure that the medicines donated are on the list that we can accept or Inter Care have to pay for them to be destroyed.



"Without these medicines some people would die"

Alice Serwen Buabeng, St. Johns,
Domeabra, Ghana

"Thanks a lot, may God bless you for all your generosity, loving and care"

Sr Mbalda Kessy, Rainbow Centre,
Tanzania

"You cannot imagine the joy of all of us in the clinic to be called from the post office telling us to come and collect the drugs"

*Sr Mary Frieda Agble, Madonna
Maternity Clinic, Ghana*

Inter Care has been sending surplus medicines to sub Saharan Africa since 1974.

**ALL ITEMS, BOTH MEDICINES AND NON-DRUGS
(instruments/bandages etc.) MUST HAVE AT LEAST 15
MONTHS TO EXPIRY DATE**

WE ACCEPT

- Complete strips of tablets within their original packaging
- Injections
- Inhalers
- Creams
- Eye Drops & Ointments
- Dressings & Bandages

WE DO NOT ACCEPT

- Controlled Drugs such as:- DIAZEPAM, MORPHINE ETC.
- Liquids
- Glass Bottles
- Part Blister Packs
- Items Requiring Refridgeration
- Used Needles & Syringes



Nurse Practitioner

Great Harwood Medical Group is excited to welcome Nurse Practitioner Jackie Whiteside to the practice. Jackie has joined the clinical team as a full time Nurse Practitioner who will be running the daily Sit & Wait clinics. Jackie is an extremely well qualified and experienced Nurse and we are very pleased to have her on board.

Jackie can:-

Prescribe, diagnose, order tests (blood, radiology, scans etc) and refer to hospital or other specialists.

We are sure you will all make Jackie feel welcome.

Community Groups & Activities

BANK MILL HOUSE

Tuesday - 1.30pm - Tea & Talk
Wednesday - 9.30am - Playing Cards
- 12 Noon - Luncheon
Friday - 1.30pm - Playing Cards
Also: Trips and events
See notice board for more details.

KING STREET METHODIST

Thursday - 12 Noon - Luncheon
Contact: Mrs Ann Hutton,
Telephone; 01254 884687 (places available)
Last Lunch for 2014 is:-
Thursday 11th December
Re-open: Thursday 8th January 2015

ELYSIUM – New Community Centre 1a Barnmeadow Lane, Great Harwood
Telephone: Jackie Nelson 01254 877755 for full details of events.

50+ Hyndburn Over 50's Forum – Get involved and have your say
Telephone: Delys Ashton 01254 231901 /email delys@talktalk.net or
check out the website <http://hyndburncommunitynetwork.org.uk>

HYNDBURN RAMBLERS :- Contact; <http://www.hyndburnramblers.co.uk>

Self Care for Life - Be healthy this winter



When will I feel better?

Symptoms can last longer than you think:

Ear infection: at least 4 days
Sore throat: 1 week
Cold: 1½ weeks
Flu: 2 weeks
Nasal congestion: 2½ weeks
Cough: up to 3 weeks

Remember antibiotics DO NOT help common winter ailments.

It is usual for adults to have two to four colds a year while children are likely to have three to eight as their immune system is more susceptible to viral infections. If you do catch a winter ailment such as a cough, cold or sore throat, [treat yourself better](http://www.treatyourselfbetter.co.uk) by keeping warm and drinking plenty of fluids. Over the counter medicines can help with symptom relief and a pharmacist can offer advice if you need it.

Be healthy this winter.

Visit www.treatyourselfbetter.co.uk for more information, advice and warning signs to look out for which may suggest you do need a GP appointment or medical attention.