

The Waterfield Practice

Patients Group

September 2022

Hello and welcome to your September 2022 issue of The Waterfield Practice Patient Participation Group Newsletter. It has been a summer of change for all of us with the uplifting celebrations for the Platinum Jubilee in June and then, within a few months, a State Funeral to mark the passing of our longest reigning monarch Queen Elizabeth II. The Waterfield Practice and the Patient Participation Group would like to express their sadness following the death of Queen Elizabeth II and to offer sincere condolences to The Royal Family. Changes such as these can also remind many of us that life is full of ups and downs and sometimes this can affect our mental and physical health in various ways. If you are struggling a little bit at the moment, remember there is help out there. Whether it is practical or emotional support you are looking for we hope you will find some useful information in these pages.

Waterfield Practice News

NEW WEBSITE!

Have you seen our brand new website: www.waterfieldpractice.co.uk ? So far, feedback has been good and we are pleased to say it is much more "user friendly"!

NEW STAFF

We are delighted to say that we have a new PA (Physician Associate) joining the practice who will deal with "on the day" calls and chronic disease management.

Physician Associates are a relatively new healthcare professional to the UK but have been in the USA for over 40 years. They have a science/healthcare undergraduate degree and then undertake a highly intensive two year training postgraduate programme in a university. Whilst they are not doctors, they trained in many of the same ways and with very similar knowledge and skills as doctors. Physician Associates can take patient histories, examine patients, order investigations (such as blood tests), make diagnoses, refer patients to hospital and for other treatments and write reports. They know about the uses of medication but are not allowed to sign prescriptions in the UK at the moment. There is a significant increase in the number of Physician Associates being trained and an increase in the number of Physician Associates working in Primary Care. We are encouraging patients to make appointments to see our Physician Associates both for chronic and acute conditions.

KLINIK - new online service

On the 27th of September we will be replacing E-Consult with our new online consultation service which is called "KLINIK" and works in a similar way to E-consult but is much more effective and user friendly.

The service will be introduced gradually and some of the benefits are listed below:

- Contact your GP practice online
- Easy-to-use online service
- You can take care of all of your health concerns online: book appointments, get sick notes, cancel or change an appointment etc.
- Easier and quicker than calling the surgery
- Klinik Access reduces waiting times and faster access to the right treatment
- The system is safe and secure
- The system works on all devices (smart phone, tablet, computer)



COVID BOOSTER AND FLU UPDATE 2022

Text messages and phone calls have started for those aged 65+ inviting them for their Covid and Flu vaccinations. Currently patients over 70 can book any date from 12th September.

Patients aged 65 and over will be approximately 4 to 6 weeks after this date.

Patients under 50-65 will receive an invite in due course.

Patients who are at clinical risk should receive an invite in the next 14 days to book.

Should you not receive an invitation and are 70 and over please call 01344 233300 to book .

We would encourage patients to have both COVID & Flu vaccinations together.

All vaccinations will be at Waitrose Sports and Leisure Centre, Willoughby Road, Bracknell RG12 8FB.

A minimum of 91 days must have elapsed between Covid vaccination, and patients should be at least 28 days clear of a positive Covid result or symptoms prior to vaccination.

Social Prescribers - Happiness Hub



Happiness Hub is a collaboration of services offering mental health and wellbeing advice and support to those living in and around Bracknell Forest aged 18 and over. For further information about the Happiness Hub and Social Prescribers please click on this link:

www.bracknell-forest.gov.uk

- What it is: A three hour welcoming and informative drop in session for all ages and walks of life.
- The aim: For clients/members/patients/everyone to meet new people.
- Location: Cup of Rosie (for the first few months at least to build consistency and ease anxiety, with the view of holding these in other community cafes in the future)
- Time: 10am - 1pm
- When will this be taking place: EVERY FIRST THURSDAY OF THE MONTH
- Happiness Hub staff to attend when they can/want to, and to raise awareness and signpost to our clients
- We will invite services to get in touch with us to promote their services, we can offer a space for them to come and speak about their service
- A socialising, welcoming space, for those to have a coffee and chat
- No booking or appointment required
- Well-being activities such as mindful colouring, well-being books, to be brought and put on the table for those who would like a distraction when chatting/ something to talk about

Waterfield Hub - Patient Participation Group

Practice Patient Group - Join us and have your say!

We are looking for more people to join the Patient Group . The NHS is for everyone and as part of the Waterfield Practice PPG we can provide additional volunteer resources to enable all patients to receive the best service and care. By attending monthly meetings with the Management of the Waterfield Practice we are able to learn about changes and improvements to the practice and also offer our suggestions and opinions on the practice operation from the point of view of the patient. Registered patients are welcome to attend the meeting which is currently held on line via Microsoft Teams . **Alternatively**, would you be interested in taking part in short (3 questions) quarterly questionnaires? If so or if you would like to know more about the activities of the group please email Baccg.healthmakers.waterfield@nhs.net

Sport In Mind

"We are Sport in Mind – the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems". Our sessions take place every week, all year around. To find out more about sessions near you, check out our Activity Map on www.sportinmind.org or contact Claire on 0118 947 9762





HealthMakers Waterfield Hub

Do you live with a long term health condition? If so, you might like to learn more about our HealthMakers **Introduction to Self-Management** course which is run online over 3 weeks. The course is suitable for anyone who could benefit from learning self-management skills and who will be confident enough to access the course materials and sessions online. Through a series of interactive virtual training sessions, which you can join from the comfort of your own home.

During the course, you'll:

- Gain knowledge, skills and attitudes for good health and wellbeing
- Develop listening skills and the ability to learn from others
- Create and participate in strong local networks and groups around your condition
- Be inspired and inspire others

We also run **Pop In Cafes** which are a good way to learn more about the course.

If you would like to book on one of our Self-Management courses or join us at our virtual Pop in Cafe, please email HealthMakers@berkshire.nhs.uk if you would like to book on to any of the above.

ADHD Awareness Month - October

Did you know that October marks **ADHD Awareness Month**?

with the aim being to share vital information about ADHD and raise awareness for both children and adults around the globe.

This year's theme is **Reframing ADHD: Discovering New Perspectives** and will address many different topics of discussion such as:

- ADHD relationships and communication
- Comprehensive treatment plans for ADHD
- ADHD parenting
- Diagnosis of children and adults with ADHD
- ADHD and co-occurring conditions

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder. Statistics show that around 3%-4% of adults suffer from ADHD in the UK and the majority of these are undiagnosed.

For a list of symptoms and further information please click on this link: [ADHD Awareness](#)

Dyslexia Week - 3rd to 9th October

Do you or someone you know have Dyslexia?

From 3rd to 9th October is Dyslexia Week and further informa

tion can be found on the British Dyslexia website: [British Dyslexia Association](#)

Last but not least - we're asking for your help.....

Repeat Prescription Requests



As we are sure you are aware, getting through to our receptionists on the telephone can often mean a long wait, particularly at busy times. We are trying hard to address this but quite often the lines are taken up with patients asking if their prescription is ready. Repeat prescriptions are sent to your pharmacist within 48 hours so the best person to call is your pharmacist who will let you know if your prescription medication is ready to collect.

If you'd like to get in touch please contact : Baccg.healthmakers.waterfield@nhs.net