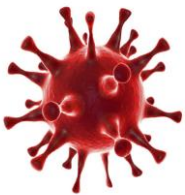


The Waterfield Practice Patients Group

March/April 2024

Welcome to your March/April Waterfield Practice Patient Participation Group Newsletter! We hope you are finding the newsletters interesting and informative. If you would like to be involved with the Patient Group and have the opportunity to have your say regarding the changes and improvements at the practice we are always looking for new people to get involved. You can find more information on the website: www.waterfieldpractice.co.uk/ and on the last page of this newsletter. We hope to hear from you.

Waterfield Practice News



The Covid Booster Programme for this Spring will be starting mid April 2024 for the following groups:

- All residents in a Care Home for Older Adults
- All persons aged 75 years and above including those who are housebound
- Immuno-suppressed patients due to disease or medications.

Further information about the Covid Vaccinations can be found on the [NHS App](#), details below:

Have you tried the NHS App yet?

Want to know if your repeat prescription is ready? Waiting for test results?

With the NHS App you don't need to make a phone call. You can find this information and much more while reducing telephone waiting time for more urgent requests!

Why not register for the NHS App?

You can download this free app in the usual way from the iPhone app store, or find more information by going to the Waterfield Practice Website: <https://www.waterfieldpractice.co.uk/> and clicking on "Recommended Apps"



Once you have logged into your account you can:

- order repeat prescriptions
- get health information and advice
- view your health record securely including allergies, medication and test results
- view your NHS number
- get your NHS COVID Pass

If you don't have access to a computer or smart phone, contact your regular pharmacist directly if you simply want to check that your prescription is ready for collection. They will also be able to advise if you have any questions regarding your medication.

Waterfield Practice Appointments

Now that the Klinik System is successfully up and running, all appointments should be made by completing the online form. Our receptionists will no longer make appointments over the telephone. However, if for any reason you are unable to complete the online form yourself you can call the practice on the usual number and select Line 1 from the options where staff will be able to assist you with completing the form.



Prostate Cancer UK

March the Month - Prostate Cancer UK

March the Month is a virtual step challenge for anyone who wants to keep active and help beat prostate cancer. Join thousands of people, across the nation, committing themselves to walk or wheel 11,000 steps a day throughout March. Why not join in? Further details can be found on the Prostate Cancer UK website, here:

[March The Month Prostate Cancer UK](#)

The Stress Management Society

The Stress Management Society is a non-profit organisation dedicated to helping individuals and companies recognise and reduce stress. Since our inception in 2003, our dream has been to create a happier, healthier, more resilient and sustainable world.



Stress is a much used (and abused) term these days. You frequently hear people say “I’m stressed” or “I’m depressed”, yet there is still much confusion about what these terms actually mean and how best to tackle them. But we know. We are the UK’s leading authority on stress management issues, which is why you will regularly hear us talking about this topic in the media.

For years, we’ve been empowering individuals to take charge of their wellbeing through our workshops, guides and regular updates. We also act as a trusted advisor for many companies such as British Airways, Standard Life and Shell, guiding them through the mental wellbeing solution maze.

For lots of advice and information about online workshops and events please click on the link below:

[April Stress Awareness Month](#)

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



Waterfield Practice Zero Tolerance Policy

We aim to always treat our patients courteously and expect our patients to treat our staff in a similarly respectful way. We have zero tolerance to any threatening, abusive or violent behaviour against any of our staff or patients. In such cases we reserve the right to withdraw services from such persons immediately.

Please Be Kind.....



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