

Patient Participation Group Newsletter Autumn 2018

Welcome everyone to our Autumn newsletter. I hope that you have enjoyed this long hot summer or if you are like some of my friends and don't like hot weather that you have managed to "beat the heat" and stay cool.

Your patient group have been working hard over the summer with the surgery to put together a short patient questionnaire. We really value your thoughts so during October and November if you are visiting the surgery or have access to the website please make time to fill in a questionnaire. It's anonymous and we've tried to make it as easy as possible to complete, there are only nine questions with tick boxes to answer. Help us to help you!

Annemaire Scally (Chair)



Spurred on from achieving an intermediate Level Business Administration Apprenticeship, Emma Downs has now successfully achieved an Advanced Level Apprenticeship. Many congratulations to Emma for her dedication and achievement.

Liz Yeatman (Practice Manager) comments "Emma continues to flourish and is a very valued member of the support team here at Ruddington Medical Centre. This higher level apprenticeship

has allowed Emma to refine her administration skills and take more active roles in managing and delivering projects within the practice. She continues to offer support and assistance to the whole team, including assisting the PPG with some administrative duties.

A huge 'WELL DONE' to Emma from everyone at the surgery"

Support For Carers



Margaret Usher a support worker from the carer's federation now comes into the surgery from 9.30 and 10.30am on the last Thursday of every month.

Margaret is there to answer any questions and give help and advice regarding all aspects of being a carer and the help available to you.

Here at the practice we pride ourselves on the work we do recognising patients who do care for others, whether it be a friend or family member. Nurse Jo Sansome is our carers champion and is always ready to listen if you have any problems, especially if caring for someone else is affecting your own health. Examples given of the support she can provide are mainly in the form of signposting, such as how can a person looking after someone with dementia get a break, and where can more information be found about dementia, applying for attendance allowance, etc.

Many people look after their loved ones constantly 7 days a week 24 hours a day and still don't recognise themselves as carers. Remember if you look after someone even an hour a day or a couple of times a week YOU ARE A CARER and there is help and support out there for you if you need it. It is thought that as many as 1 in 9 patients are unpaid carers.

If you are an unpaid carer, please complete one of the cards available in the waiting room and give it to the receptionist. The receptionist will then hand you a booklet explaining the services available to you. By registering as a carer within the practice you may be entitled to other benefits such as a free flu vaccination or even priority appointments.

Ongoing services are provided by the Carers' Federation **(0115 962 9311)**.

Pete Taylor

As someone who sits down at work and isn't particularly active, I've been thinking recently about how I can get fit and stay healthy. At a recent meeting, another patient reminded about the fantastic free NHS resource **ONE YOU**.

It only took me a few minutes to complete the free quiz and the tips tricks supports are really helpful and realistic. The suggestions felt achievable not overwhelming and I chose to sign up to receive regular updates which are useful encouraging reminders.

The link is here if you want to take a look <https://www.nhs.uk/oneyou>

And finally I have a favour to ask. We're a small group and we'd like to be able to do more for you and the practice. For me personally for just a few hours of my time, I have made some great friends, grown in confidence and learned lots of new skills as well as making a positive contribution to supporting the patients and the practice. We really would like to grow the Patient Group. It doesn't matter if you are still in Education, at home, in work or retired you will be very welcome and could make a real difference. If you are interested in joining or would like to have an informal chat to learn more then please drop an email to rmc.ppg@virginmedia.com or call me on 07841 357157.

Annemaire Scally

What to Put In Your Medicine Cabinet

The kind of items that you should keep in your medicine cabinet should include basic items such as: Paracetamol / Ibuprofen / Simple Plasters / Bandages (a small bandage, a finger sized bandage and a stretchy bandage) / Tubigrip / Non-woven swabs / A simple indigestion remedy such as Rennie or Gaviscon / Olbas Oil / Menthol Crystals / A simple thermometer

All these basic items can be available to be purchased from your local pharmacy and some can be purchased from your local supermarket.

If any of your symptoms suddenly get much worse or if you have a very high temperature or feel hot and shivery then you should visit your GP.



Alzheimer's Society

There are currently over 850,000 people living with dementia in the UK.

Alzheimer's Society believes there are **five** things that everyone should know about dementia, no matter where they live or where they work.

- 1) Dementia is not a natural part of aging. Age related memory loss is not the same as dementia
- 2) Dementia is caused by disease of the brain. There are many types of diseases and conditions of the brain which result in dementia including Alzheimer's disease, vascular dementia, Lewy bodies and fronto-temporal lobe degeneration and up to 100 other types.
- 3) Dementia is not just about losing your memory. Dementia can also affect the way people think, speak, perceive things, feel and behave. People with dementia can struggle with performing usual daily tasks, communicating, judging distances, mood changes, emotional control.
- 4) It is possible to live well with dementia. Many people living with dementia have said that they are the same person they were before their diagnosis and want to continue with the same activities.
- 5) There is more to the person than dementia. Another misconception that is important to break down is the belief that the person is only seen in terms of their dementia and that because their brain is diseased they are "no longer there".

The Alzheimer's Society asked a patient who is living with dementia what it is like living with dementia, they replied '**Imagine you've had a dream and you wake up knowing you've had a dream, but you can't remember what it was... Well having dementia is like that all the time.**' But everyone with dementia is different and no two people's lived experience or description of dementia will be the same.

Dementia support workers offer information and practical guidance to help people affected by dementia understand the condition, cope with day-to-day challenges and prepare for the future.

Alzheimer's Society Dementia Support Services (here for everyone affected by dementia). You can contact the Dementia Support Service by one of the following;

Nottingham Dementia Support Service: 0115 934 3800

National Dementia Helpline: Tel: 0300 222 1122

Dementia Connect: list of support services near you www.alzheimers.org.uk
(search "find support near you.")