

Painswick Surgery Patient Group (PPG)



NEW MEMBERS NEEDED – if you would like to help the liaison between patients and their surgery and could attend just three to six meetings a year please email painswickPPG@gmail.com to find out more about the work of the PPG.

News from the Painswick Practice

The Patient Group held its first meeting of the year in February, and has met in a patients-only group since. In our full meeting, as usual we received an update from the Practice's senior partner Dr Rhys Evans. But first we heard from Millie who told us about her role. She is a Health Care Assistant taking bloods, carrying out hypertension, blood pressure checks, ECGs, annual vaccinations and other annual checks. She also reviews people's exercise and alcohol intakes. She has been with the Practice for four months, joining from a medical background. She is also the Practice's joint lead on their green sustainability plan discouraging use of paper sheets on surgical couches and recommending changes in some of their cleaning products for example. If you find her looking after you, make her welcome!

Dr Evans reported a number of initiatives that have cut their energy overheads by 25%. This included investing in new heating controls, smarter phone technology, low energy light bulbs and improved insulation so reducing their carbon footprint. There has also been a focus on using all staff to support hard-pressed doctors to the full to ensure the maximum number of appointments can be maintained. This has enabled them to deal with 60 patients in a daily triage when 25 is the expected maximum. (For more information on this see the [PPG section of the Practice's website](#) or our minutes in the Waiting Room.) The Practice has avoided having to resort to diverting patients to 111 when a fixed number of patient contacts is reached, a solution that some PCNs have been forced to employ.

Two 'junior doctors' on rotation – qualified but still in further training – are due to join in August further boosting the Practice's capacity.

Some clarification on repeat prescriptions

The standard advice is to use the NHS app, but members reported this to be very unreliable, if so the Surgery prefers that you [email](#) in your request. If you have requested a repeat prescription you should be able to collect from the Pharmacy, after 48 hrs, often much sooner.

Friends & Family test

All patients are encouraged to complete this NHS form after a consultation, this can be done on paper at the Surgery, on the Practice's website [here](#) or even by text and the PPG has reviewed the anonymised comments received over the last six months. It was noted that all but one were very positive and that the other had been responded to by the Practice. The PPG also plans to run a survey of local patients' attitudes in the autumn following the national survey now underway with a sample of patients for publication in the summer.

Pharmacy First

Adis Kukic at Painswick Pharmacy is underway with this scheme now – another attempt to reduce pressure on Surgeries. Record sharing between the two is expected to be implemented in due course through a record-updating site called [OpenSAFELY](#) which does not create any additional copies of data and respects patient choices and opting out should this be your choice.

The Pharmacist is authorised to treat earache, impetigo, shingles, insect bites, sinusitis, sore throat and uncomplicated urinary tract infections in women, with antibiotics and other prescription-only medications. It is understood that all Pharmacies in Gloucestershire are now participating in the scheme. There has only been a small increase in consultations so far and those are mostly for ear problems and sinusitis. Did you know that you can also get free blood pressure checks at the pharmacy?

New Community Diagnostic Centre open at Gloucester Quays

We must all welcome the new diagnostic centre at Quayside in Gloucester, where people can attend for MRI scans, CT scans and bone density scans. It is running on a 12hrs a day basis, seven days a week to provide an additional 81,000 scans a year. Click [here](#) for more details.

Covid Vaccinations

NHS England (NHSE) has announced that booster vaccinations for over 75s & the immunosuppressed will take place from late April to the end of June. The Practice has to wait to hear more and will make contact in due course.

NHS App

There has been some promotion of the NHS App for smartphones recently but some of us have been unhappy with it. It should be the easiest way to order repeat prescriptions, look through your health records etc. If you have used it please go to [this web page](#) and give NHSE any feedback you can to help them develop the app further.

Another App! It's all apps now isn't it?

Children In Gloucestershire can now access an innovative new app free of charge which offers anxiety support in a fun, safe and interactive way. It is available [here](#). Please pass this information to anyone who might benefit.

Other matters

We hope you like our new logo at the top of this bulletin, look out for it on the minutes of our meetings on the Waiting Room notice board.

NEW MEMBERS NEEDED – We really need one or two new members of the Core Group. if you would like to help the liaison between patients and their surgery and could attend just three to six meetings a year please email painswickPPG@gmail.com to find out more about the work of the PPG.

And then – reflect on the fact that in 2023 there were 2 million more GP appointments than 2019 and there are a lot fewer GPs now.

That's it from me - David Perry. PPG Chair

Below there's a short article from one of our members, Sue Canning to inspire those of you who can emulate her approach to keeping healthy. And then an announcement from Longfield Hospice of a local event.

Have You Seen Me Running?



I have never been particularly sporty, but I have been able to swim and cycle from an early age. However, in my mid-thirties, when a friend suggested that a group of us should enter a triathlon, I had to start training for the third element, that of running. The triathlon was successfully completed by my friends and I (ie by not finishing last). My triathletic career came to an abrupt end, when I saw just how fast serious athletes can compete, which put all my attempts to shame.

However, I have continued jogging and, in the past, have completed several half marathons, until a skiing accident limited my endurance and put paid to **that** distance. I continue to enter the 'Race for Life' in aid of Cancer Research usually held in June, so you may see me jogging up to the Beacon, more frequently this Spring and Summer.

My motto is any exercise is better than no exercise, so getting out for a walk in the fresh air is just as good.

Sue



LONGFIELD
Community Hospice

How we can help

Are you struggling with a life-limiting condition? Are you caring for someone with a life limiting condition, or do you know someone who is?

Longfield's services are free of charge and accessible to individuals with a life-limiting illness as well as their family and loved ones/carers who are registered with a GP in Gloucestershire.

Lets talk about what Longfield can do for you

Louise Wilson from Longfield will be discussing the FREE support Longfield provides, including Hospice at Home, Wellbeing Centre programmes, Counselling and Bereavement Support.



This is a free open event to learn about Longfield and ask any questions you may have. Tea and coffee will be available.

Wednesday 8th of May, 4:30pm
Painswick Community Library, Victoria St,
George Ct, Painswick, Stroud GL6 6AQ



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REGULATOR**

www.longfield.org.uk

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Registered Charity No. 298627