

# KNEBORTH AND MARYMEAD MEDICAL PRACTICE

## *PATIENT PARTICIPATION GROUP NEWSLETTER – September 2017*

### **INFLUENZA VACCINATION PROGRAMME**

It's that time of the year again! Free flu vaccinations are available to all patients but they are particularly important for the elderly and others who may be at risk if they were to suffer from flu, such as people with asthma, COPD, cancer, heart disease, kidney and/or liver disease or diabetes.

The clinic dates and times where appointments can be made in advance are as follows:

#### **Knebworth Surgery**

Saturday, 23rd September	9.20 am – 12.30 pm
Tuesday, 26th September	6.30 pm – 8.00 pm
Saturday, 7th October	9.20 am – 12.30 pm
Tuesday, 10th October	6.30 pm – 8.00 pm

#### **Marymead Surgery**

Saturday, 30th September	9.20 am – 12.30 pm
Tuesday, 3rd October	6.30 pm – 8.00 pm
Saturday, 14th October	9.20 am – 12.30 pm
Tuesday, 17th October	6.30 pm – 8.00 pm

***Contact your surgery to make an appointment.***

Alternatively, you can attend one of the walk-in clinics on the following dates:

#### **Knebworth Surgery**

Monday, 25th September	1.15 pm – 1.45 pm
Friday, 29th September	1.15 pm – 1.45 pm
Monday, 2nd October	1.15 pm – 1.45 pm
Friday, 6th October	1.15 pm – 1.45 pm

#### **Marymead Surgery**

Wednesday, 27th September	1.15 pm – 1.45 pm
Thursday, 28th Sept	1.15 pm – 1.45 pm
Wednesday, 4th October	1.15 pm – 1.45 pm
Thursday, 5th October	1.15 pm – 1.45 pm

In addition, the Practice is running influenza vaccination clinics for children during and around half-term week; the dates and times for these are as follows:

### **Knebworth Surgery**

Tuesday, 17th October	9.30.am – 12.30 pm
Friday, 20th October	9.30 am – 12.30 pm
Tuesday, 24th October	9.30.am – 12.30 pm
Friday, 27th October	9.30 am – 12.30 pm

### **Marymead Surgery**

Monday, 16th October	9.30 am – 12.30 pm
Wednesday, 18th October	9.30 am – 12.30 pm
Monday, 23rd October	9.30 am – 12.30 pm
Wednesday, 25th October	9.30 am – 12.30 pm

***Contact your surgery to make an appointment.***

### **DEMENTIA CARERS SUPPORT GROUP**

Hopefully, patients will have noticed that there is now a separate noticeboard in both the Knebworth and Marymead waiting rooms dedicated to increasing awareness on dementia and the carer support that is there to help you.

Drop in for a coffee and a chat at the Dementia Carers Coffee Morning at Knebworth surgery **between 10.00 am and 12 noon on Saturday, 14th October**. There will be refreshments, and you will be able to meet the PPG members who have agreed to be a part of this group. We hope to be able to answer any questions you may have and explain the purpose of this new group, plus we have a variety of literature to give out to help provide a better understanding of this dreadful illness. We hope you will come along and support this new sub-group within the PPG.

"Singing for the Brain" sessions run by the Alzheimer Society have ceased since the change of responsibilities within the NHS award of contracts. Fortunately, we have found someone who is happy to organise monthly gatherings, tentatively entitled "Musical Memories", so we are presently finding a suitable venue to accommodate these and will post further information in due course.

Further details of both of these initiatives will be announced as soon as possible but, in the meantime, you can contact Jan on 01438 717129 (please leave a message if she is not in and she will return your call) or send her an email on [jan@grannyjanny.co.uk](mailto:jan@grannyjanny.co.uk).

## PHARMACY NEWS

### Changes in the LloydsPharmacy Free Home Delivery Service

The Practice has received notification from LloydsPharmacy that they have reviewed their home delivery service and have taken the decision to limit free delivery to those that need it most. The reasons given are essentially financial; these include cuts in community pharmacy funding, increases in business rates and the introduction of the national living wage.

In future, their free home delivery service will now only be offered to:

- Housebound patients
- Patients requesting a delivery specifically under the Equality Act
- Patients receiving palliative treatment
- Patients in receipt of bulking prescription who have no practical means of transport
- Patients where GPs request urgent prescription delivery
- Patients where the Responsible Pharmacist's professional judgement determines delivery in order to ensure safe and effective care.

The starting date for these changes has not been given. The Practice will monitor this situation and will inform patients of any further information received from LloydsPharmacy.

## HEALTH WALKS

If you have an hour to spare on every other Tuesday, come and enjoy walking and talking in Knebworth Recreation Ground. The main entrances to the area are on Stevenage Road and Watton Road. We meet at 10.30 am (if you haven't been before, please try to arrive at about 10.20 am) by the Pavilion for a slow walk of about 20 minutes, with an option for a longer walk if you feel inclined. Some of our walkers use a walking stick, buggy or wheelchair and the walk is ideal for anyone recovering from illness or surgery. After the walk, our lovely new friends at the Bowls Club provide us with (optional) delicious light refreshments. The walk and talk is free, but we do give the Bowls club £1 each for our refreshments.

We will be there, whatever the weather, on alternate Tuesdays. The future dates up to the end of the year are:

26th September; 10th & 24th October; 7th & 21st November; 5th & 19th December

The walks are organised by Knebworth and Marymead Patient Participation Group and are part of the national Health Walks scheme. Further details can be found by googling "Health Walks".

## PPG CONTACTS

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***Produced by The Knebworth and Marymead Patient Participation Group***