

KNEBWORTH AND MARYMEAD MEDICAL PRACTICE

PATIENT PARTICIPATION GROUP NEWSLETTER

October 2019

EXTENDED ACCESS FOR APPOINTMENTS

The Extended Access Service is proving to be quite popular with our patients, 67 appointments were made in August and 83 in September. These out-of-hours routine appointments at the Kingsway Health Centre, Unit 18, Stevenage Leisure Park, SG1 2UA, can be arranged through the Practice at both Marymead and Knebworth reception desks or by telephone on the usual surgery numbers. Appointments are available from 6.30 – 8.00 pm on weekdays and from 10.00 am – 2.30 pm on Saturdays, Sundays and Bank Holidays.

It is important to realise that these are for routine appointments and not for emergencies. The doctor at the Extended Access clinic can provide you with a prescription but any requests for tests or for referrals are sent through to the patient's usual doctor at our own Practice.

THE RETURN OF UNUSED OR UNWANTED MEDICINAL PRODUCTS

This is a reminder that the surgeries cannot take out-of-date medicines or those that you no longer require or are partly used. But they can be returned to your local pharmacy, who will accept them for disposal.

However, there are exceptions. Unused chemotherapy drugs or similarly toxic ones that were prescribed for you by a hospital may have to be taken back to the hospital - your local pharmacist can advise you on that. Unused injectable products or empty syringes must be carefully disposed of in special yellow containers called "sharps boxes" that you can obtain from Herts County Council; they will deliver empty boxes to you and collect full ones.

But this problem of unused or unwanted medicines can, to some extent, be reduced by ensuring that you only request the products that you really need, especially when you have a number of items on repeat prescriptions. Also, when you pick up your prescription, whilst you are still in the pharmacy check that you have been given the correct medications. Errors can be put right there and then; however, when you once leave the premises, incorrectly dispensed medicines can't be exchanged even if the carton or packaging has not been opened.

CANCEL OUT CANCER (COC)

Rosie Chisnell and Mandy Preedy, two of our PPG Officers, recently delivered an interactive Cancel Out Cancer session to a welcoming group at the Irish Network Stevenage. The session covered how people can be proactive about lifestyle choices to help prevent cancer, raised awareness of screening and the importance of early diagnosis and made people aware of the warning signs and symptoms of cancer.

Luke Donovan, Chair of Irish Network Stevenage, said: "Cancer can be a difficult subject to discuss as it has touched all of our lives in some way, but Mandy and Rosie made the training session informative, we all feel that we can have more open discussions with our members about the importance of them being vigilant about their own care."

Cancel Out Cancer helps people improve their understanding of cancer and encourages everyone to take action to improve their health and help others to do the same. It has been developed and supported by [Cancer Research UK](http://www.cancerresearchuk.org).

For more information on Cancel Out Cancer, please visit: <https://www.enhertscg.nhs.uk/cancel-out-cancer>.

FORTHCOMING PPG MEETINGS

The next PPG Meeting will be on Tuesday, 22nd October, from 7.00 pm at Marymead Surgery. All patients are welcome to come along, you don't have to be a signed-up member of the PPG. The Meetings usually last for about an hour.

Our November Meeting will be on Tuesday, the 26th, again commencing at 7.00 pm, again at Marymead.

PPG CONTACTS

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Produced by The Knebworth and Marymead Patient Participation Group