



The Medical Centre - Patient Participation Group

## Newsletter

[www.themedicalcentregroup.co.uk](http://www.themedicalcentregroup.co.uk)

March 2018

### The Medical Centre Patient Participation Group – Update

#### ➤➤ [Consultation on future Stroke Services in Kent – we need your view by 13 April 2018!](#)

The NHS in Kent and Medway, Bexley and the High Weald area of East Sussex, has launched a public consultation on the future of urgent stroke services in Kent and Medway.

It is asking for people's views on proposals to establish new 24/7 hyper acute stroke units in Kent and Medway.

**The consultation runs until Friday, 13 April 2018.**

To take part, you can read the consultation document, participate in public meetings and events and complete an online or postal questionnaire.

There is a choice of 3 Hospitals with 5 alternative locations throughout Kent.

There will be many opportunities to share your views on the proposals - at one of the 20 or so public meetings that are being held across Kent, Medway and in our boundary areas or by completing the online questionnaire - and we urge you to contribute.

Read more : [www.kentandmedway.nhs.uk/stroke](http://www.kentandmedway.nhs.uk/stroke)



[Living a Healthier Life Style](#)

[www.oneyoukent.org.uk](http://www.oneyoukent.org.uk)



Are you looking to achieve a healthier lifestyle in 2018? Then why not join the 'West Kent Challenge Couch to 5K' which is taking place across the whole of the west Kent area. The aim of the challenge is to get people of all ages and abilities walking or running. For those who enjoy using technology, the free One You 'Couch to 5k' app gives step-by-step instructions on weekly podcasts designed to get people off the couch and running in just nine weeks!



We now know that it's the small changes that can make a huge difference to your health so why not start today by taking the One You online quiz? See website detail below. One You aims to encourage adults, those aged 40-74, to take control of their health to enjoy significant benefits now, and in later life. One You Kent offers fantastic local support and information to help you achieve a healthier lifestyle.

The One You Kent website [www.oneyoukent.org.uk](http://www.oneyoukent.org.uk) also provides a comprehensive selection of health and fitness information as well as the opportunity to book a session with a One You advisor for help in setting achievable health goals. This includes information about stopping smoking and support reducing alcohol intake, advice for maintaining a healthy weight as well as advice on a range of lifestyle issues.

One You is the first campaign in England to target adults in midlife in a holistic way and it will encompass all our adult health brands from now on. It follows our other successful holistic campaign, Change4Life, which will continue to be aimed at children and families. The overall need is to support people in taking steps to reduce their risk of developing avoidable conditions.

*Currently 42% of adults in midlife are living with at least one long-term health condition and the NHS spends a minimum of £11bn a year on treating preventable illnesses caused by the effects of poor diet, inactivity, smoking and drinking alcohol.*

Look out in the Surgeries for contact details and further information.

## ➤➤ Virtual Patient Group

### Have Your Say – sign up to the Medical Centre Virtual Patient Group

We realise that people are generally very busy and may not have time to come to the surgery for meetings, therefore we would like to form a “virtual group” that can exchange views, participate in practice surveys and with whom we can consult from time to time by e-mail.

If you are interested in participating, you can do so by completing the sign-up form from the Surgery website [www.themedicalcentregroup.co.uk/ppg](http://www.themedicalcentregroup.co.uk/ppg) or complete it on paper and post it in the Suggestion Box located to the right of the main reception.

**The Medical Centre - Patient Participation Group would like to hear from you!**

## ➤➤ Summer - Travel Vaccination time again!

[www.travelhealthpro.org.uk](http://www.travelhealthpro.org.uk)

Many of you may be planning a holiday or have already booked one.

Please remember to consider any vaccination requirements, and order medication in a timely manner.

Unfortunately this year there are considerable manufacturing problems with most vaccinations used in travel, which have led to some patients travelling from Kent to obtain these from various pharmacies rather than their local ones. Please try to book appointments to discuss requirements as early as possible.

It would also be helpful if you could look on the web at [travelhealthpro.org.uk](http://travelhealthpro.org.uk) which is commissioned by Public Health England to obtain advice before your appointment. This website has a whole wealth of information and has been updated to accommodate the severe shortage of vaccinations.

Remember also the rules when traveling:

- Good hand hygiene before eating and after using the bathroom
- Drinking bottled water - even to clean teeth
- Eat food from reliable sources - avoiding street vendors and ice in drinks

## ➤➤ Measles Vaccinations

There are serious outbreaks of this disease in Africa, the middle East, Asia, the Americas and Europe.

Measles is spread by airborne/ droplet infection and is highly contagious and can lead to death.

Please do check before travelling that you are covered. Two doses of MMR (measles, mumps and rubella) vaccine are required to obtain immunity. Please consult your Practice Nurse for further advice!

## Are you a carer?

Make sure the Practice are aware so that you can be directed to Maidstone & Malling Carers Project if help is needed. More information can be found on [www.vam-online.org.uk](http://www.vam-online.org.uk)

## ***Date for your diary: 9 May 2018*** ***Annual General Meeting (AGM)***

Wednesday 9<sup>th</sup> May 2018, start at 6pm at the Shepway Medical Centre, Northumberland Road, ME15 7LN. All patients welcome!

## ➤➤ Patient Group donates £600 to Surgery - ECG Machine for the Surgery

We are delighted to let you know that the Patient Participation Group have donated £600 towards the purchase of an ECG machine replacing one that was 20 years old. The new machine will be used for the benefit of any patient requiring heart monitoring without the need of going to the hospital.

This machine comes with full technical support and a guarantee for 3 years.



## ➤➤ Give us your contact details!

If you wish to put forward ideas such as health promotion events, volunteer support or offer your services then please contact the Patient Participation Group direct by emailing them your contact details.

Email us: [themedicalcentrepptg@nhs.net](mailto:themedicalcentrepptg@nhs.net)

## ➤➤ On-line services: you can book GP appointments online wherever you are!

*“All patients are urged and reminded to register for the online appointment system”*

All patients that have registered to access this service can now book online appointments with the practice using the Internet at their convenience, even when we are closed. Patients can filter the view in order to find the clinician and location that meets their needs. Patients using online appointments will receive an automatic email / SMS of booking confirmation and email /SMS reminder one day before their appointment. Visit the website to download the registration form or ask at reception next time you visit the Surgery!

## Maidstone PARK WOOD - JUNIOR park run free 2k timed run for juniors [www.parkrun.org.uk/parkwood-juniors](http://www.parkrun.org.uk/parkwood-juniors)

### **What is Park Wood junior parkrun?**

It is a 2k run for juniors only (4-14 year olds).

If you are not a junior please try one of our weekly Saturday parkrun events instead.

### **When is it?**

It is held every Sunday at 9:00am.

### **Where is it?**

The event takes place at Park Wood, Bicknor Road, Maidstone, Kent ME15 9PS.

See Course page for more details.

### **What does it cost to join in?**

Nothing - it's free! but please **register** before your first run. Only ever register with parkrun once. Don't forget to bring a **printed** copy of your barcode (request a reminder).

### **How fast do I have to be?**

The aim is to have fun. Please come along and join in whatever your pace!

We're friendly!



Every week we grab a post parkrun coffee in a local café - please come and join us!

## **Bowel cancer screening**



Bowel cancer is the fourth most common cancer in the UK. The aim of the Bowel Screening Programme is to discover bowel cancer at an early stage, before symptoms have a chance to develop. The sooner it's caught, the easier it is to treat and treatment is more likely to be successful.

### **Screening is a way of testing healthy people to see if they show any early signs of cancer.**

In England, bowel screening currently uses FOBT (Faecal Occult Blood Testing). The FOBT looks for hidden traces of blood in poo. Bowel cancer screening aims to detect bowel cancer at an early stage before symptoms have a chance to develop. Men and women from the age of 60 are eligible. This involves a simple test that you carry out in your own home. We encourage you to consider doing this screening test, which you then send off in the envelope for analysis.

An additional one-off test called bowel scope screening is gradually being introduced in England. This is offered to men and women at the age of 55. It involves a doctor or nurse using a thin flexible instrument to look inside the lower part of the bowel and remove any small growths, called polyps that could eventually turn into cancer.

People who have received a bowel scope test at 55, will still be eligible for, and invited to participate in FOBT from the age of 60. Unlike the other cancer screening programmes, Faecal Occult Blood Testing (FOBT) bowel screening does not involve any contact with a health professional.

**If you have not received your screening pack or wish to have another sent out to you, phone the  
bowel screening helpline: 0800 707 6060**