

Yorkley & Bream

Dr Andrew, Edwards, Hayes & Cleary Patient Participation Group

NEWSLETTER



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Dr Andrew , Edwards, Hayes & Cleary

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Welcome

We were sorry to say our farewells to Dr James Grant and Dr Tom Martin as they left in August to pursue their careers further afield, however we are now pleased to welcome Dr Marie-Estella McVeigh and Dr Steffan Owen who are taking their places and will be with us until February 2018.



Improved Access to GP Appointments in the Forest

The GPs from practices in the Forest of Dean have developed a scheme to improve access and give more appointments for their patients. The Improved Access scheme will offer additional appointments both inside and outside the normal surgery opening times, including evenings and Saturday mornings, and will commence as a trial from the beginning of October. Various surgeries in the Forest (including Yorkley) will operate as 'hubs' on a rota basis from which the additional appointments are offered - for both GP and Specialist Nurse (diabetic & respiratory) appointments.

When you call your own surgery, you will be offered any available appointments at your surgery as usual. If none of these appointments are convenient, you will also be offered the Improved Access appointments. The receptionist will be able

to tell you which hub will be open and the appointment times available (*an example might be Lydney Health Centre at 10am on Saturday morning or Coleford Health Centre at 7.15pm on Wednesday evening*). If one of these is suitable, then the appointment will be made.

This is NOT a walk in service and appointments will need to be made in advance or on the day through your own surgery.

At the time of booking you will also be asked for a brief indication as to why you need to be seen. This is not because the staff are being intrusive, but in some cases it may be better for you to see your own GP or nurse and they are simply trying to ensure the most appropriate appointment is booked for you. This avoids wasting your time and makes sure the Improved Access appointments are used to maximum advantage for all Forest of Dean patients. The GP appointments are for anyone with a new problem, such as tonsillitis or an ear infection, or with a long-standing condition such as a chest / respiratory condition that has become worse and needs treating urgently. If you have already seen your own GP about a problem, or you have a long-term condition and are currently receiving treatment, it may be more appropriate for you to see your own GP who already knows about your condition and any tests/treatments you have received. The Specialist Nurse appointments are for routine appointments such as Diabetic Reviews. The surgery staff will be able to advise you when you book. All patients will need to give consent (at the time of booking) for the GP or nurse to view their medical records. If you need to cancel your appointment, please contact your own surgery in normal opening hours to do so.

On arrival for your appointment you will be asked for consent again. If you have changed your mind and don't agree to give consent, then you will not be seen and will be asked to make an appointment at your own registered practice. It is unlikely that it will be your usual GP or nurse in the Improved Access clinics, however the clinician will be able to view your record and add notes to it.

If following your consultation you need to be referred on to a specialist in hospital, a message will be sent to your own GP who will take any necessary action. If you need medication, a paper prescription will be given to you to take to any Pharmacy. If you have any further concerns with your problem or feel that you need to be seen again, you should make an appointment with your own GP who will be able to help you. You can read more about this pilot scheme on our website on the 'Links & Publications' page.

Walking with Wheels

Autumn has arrived . . . and it has brought along with it shorter days, colder winds and rain, reminding us that Winter is not too far away. On the bright side - we live in a beautiful area that draws visitors from all over the country, and even from abroad, who come to see the Forest looking at it's best at this time of year. So instead of staying indoors and waiting for the Spring, why not get out and about and enjoy it now? You might be someone, or perhaps know a family member, friend or neighbour who isn't fit enough to walk very far, or over uneven ground, but who would love to be able to explore the Forest - and that's exactly where **Walking with Wheels** can help.



The Forest Voluntary Action Forum (FVAV) have a 'Tramper' available for hire at a very reasonable £2.50 per hour. You can even be accompanied by a volunteer guide at no extra cost. The Tramper is a sturdy all-terrain four wheeled electric powered scooter that can travel easily up and down hills, through mud, snow, over tree roots etc. and can cope with the Forest paths easily. You don't have to be registered as disabled to hire it - it can be used by just about anybody (14 yrs and older) whose mobility or fitness just isn't good enough for a long walk for whatever reason. The Tramper is located at Pedalabikeaway/Cycle Hire at Cannop and from there you can access the paths along the Family Cycle Trail, the Sculpture Trail, Beechenhurst Lodge, etc. without crossing any roads - absolutely perfect for a 'walk' with friends or family at any time of the year.



Don't worry if you've never tried anything like this before - it is safe to use and very simple to operate and you will have a full induction to make sure that you are confident and comfortable before you set off. You will be equipped with maps and even a walkie-talkie to call for help if you happen to have a problem, although it is highly unlikely you'll need to use it.

Lots more information can be found on the Forest Volunteer Action Forum (FVAF) website - fvaf.org.uk or by calling 01594 822073 Mon - Fri 9 - 4.30. Advanced booking is essential for the first time you hire the Tramper, but this can easily be done online or by calling the number above.

Forest Cycle Recycle in Yorkley

We are delighted to let you know that, through your generosity in donating unwanted bikes and buying refurbished bikes from us, we have raised an incredible **£8,200** in the last 14 months for Cancer Research UK through Relay for Life. All of the proceeds from our sales go to Cancer Research - so thank you to everyone who has helped and supported us. *Julie & Les Cockle*



Singing for Breathing

If you have COPD or another diagnosed lung condition you might be interested to know that there is a Singing for Breathing Group on Thursday afternoons from 2pm at Lydney Community Centre. Singing for Breathing can help improve your breath control and confidence and is also a good way to meet new people - and it's fun!

The sessions start off with a warm up and then move on to 'easy to sing' songs, chosen to improve the way we breathe and to use the knowledge of how our lungs work to help in our everyday lives.



You don't even need to be able to sing - this fun group is for everyone to help improve their COPD or lung problems.

If you have COPD the group is free for 12 weeks, otherwise it is £3 per session.

For more information call Kirsty Abraham on 07905 789683 or by email to: peopleandsinging@gmail.com

Flu Clinic

If you are eligible and haven't done it already - don't forget to book in for a flu vaccine. The general criteria for a free vaccine at the surgery is anyone over 65 years, anyone with a chronic illness (diabetes, respiratory, heart disease etc), pregnant women, registered carers, anyone undergoing cancer treatment under the direction of their specialist, anyone with compromised immunity and all two & three year old children.

5 reasons to vaccinate your child against flu

Children aged two and three years old are offered this vaccination via a nasal spray in our surgeries.

1. Protect your child. The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your friends and family. Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed. The nasal spray is painless and easy to have

4. It's better than flu. The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs. If your child gets flu, you may have to take time off work or arrange alternative childcare

Children in pre-school, reception class and school years 1, 2, 3 & 4 will be offered the vaccine at school.