

OLD COULSDON MEDICAL PRACTICE



NEWSLETTER July 2019

Health and Information Event Monday 15th July 11.00am – 3.00pm at the Baptist Church, Banstead Road, Purley. (bus 60 and 466).

The event will be focusing on Carers. The Practice and the PPG are hosting the event in conjunction with the Purley Cross Centre.

Presentations will be given by:

- 11.30am - Carer's Support Centre, Croydon
- 12 noon - South East Cancer Help Centre,
- 1.30pm - Expert Carer
- 2.15pm - Purley Cross Centre

Information displays by the above participants including the practice PPG.

Rotary Summer Fair Saturday 6th July

The PPG will be promoting the practice and the PPG at the Summer Fair in Grange Park. Come along and have your BMI checked.

Off to University

If your son or daughter is aged 17 or 18 years and are heading off to university and were not vaccinated against Meningitis when at school, book an appointment with reception.

Cervical Screening

It is important that all women who are registered with a GP are invited to attend cervical screening.

Aged 25 – 49 years every 3 years

Aged 50 – 60 years every 5 years

Over 65 years only women who have recently had abnormal tests.

Elderly Members of the Community

It is essential that older people drink sufficient fluids, particularly in warm weather, to avoid becoming dehydrated. Lack of fluid intake can cause urinary tract infections, confusion and falls that may lead to hospital admission in some cases.

Age UK Croydon

Advice Services Croydon (part of Age UK Croydon) provides free information and advice to adults of all ages to help you maintain independence and address issues that are affecting you.

Weekly sessions will now be held at

- Old Coulsdon Centre for the Retired, Grange Park, Old Coulsdon on Mondays, 10am – 12.30pm (drop-ins) and 2pm – 4pm (appointments).

You can also call the service on

020 8686 0066

or email asc@adviceservicescroydon.org.uk

New Blue Badge guidance comes into force

New guidance allowing people with less visible disabilities to apply for a Blue Badge will come into force this August.

The updated guidance aims to make it easier for those with less visible disabilities to access the disabled parking scheme, including people living with dementia and autistic people.

The guidance will come into force from 30th August. However, it is still ultimately up to the local authority to judge applications based on the new criteria.

Hospital Discharge

Have you or a family member experienced poor hospital discharge? If so, the PPG would like to hear from you. Examples of poor hospital discharge could be care packages not being in place on discharge; a patient living alone being discharged late at night.

Please ensure that you have the patient's permission to send details to the PPG.

Send to: haveyoursay1@live.co.uk

Activities promoted by PPG

Mens Games Group – Socialising group for lonely gents. Thursdays, 12.30pm-2.30pm at The Tudor Rose.

Contact MensGamesGroup@gmail.com

Tel: **07578 899204**

Dance and Social time with Lorraine Drolet, former Ballroom World Champion. Friday mornings, 11.15am – 12.15pm. Methodist Church Hall, Brighton Road, Coulsdon. No partners required. No charge. Sessions do not take place during school holidays.

Tel: **07739 224509**

La Valigetta Craft Sessions. Fridays 2.00pm-4.30pm. Materials etc. supplied. No charge. The Heath Room, Old Coulsdon Congregational Church. **Tel:07722 565433**

Co-ordinate My Care (co-ordinate your care with online tool)

Co-ordinate My Care (CMC), a free NHS urgent care plan tool, is now available to Croydon residents, enabling them to start and make changes to their care plan at their own pace.

Having a CMC plan means that those providing urgent care know what the patient wants to happen, where they want to receive care and what they might not want to happen.

The tool was previously only available to GPs and other healthcare professionals, who would use it with patients to plan their wishes.

While an appointment with a healthcare professional is still needed to fill out medical information and to make the profile live, this new step puts a patient's care and wishes in their hands.

Co-ordinate My Care has put together information, videos and presentations on their website that will help you in accessing your care plan.

Purley Cross Centre

The Purley Cross Centre, High Street, Purley has a local solicitor who attends on a regular basis. If you need legal guidance you will need to make an appointment. **Tel: 020 8668 4189**

IT Training is also available. You will need to make an appointment. There is a charge for this service. **Tel: 020 8668 4189**

Going on Holiday?

If you are going on holiday be prepared in advance. Check that you have sufficient medication and whether you will require any vaccinations. If vaccinations are required, make an appointment and advise reception where you are going.

Online Access to your Medical Records

To obtain online access to your records you will need to take proof of identity to the practice reception, e.g. utility bill, bank statement, driving licence. You will receive a password to access your medical records. The advantages of online access are being able to order repeat prescriptions, book appointments, check test results without contacting the practice. Repeat prescriptions are sent electronically to the pharmacy of your choice.

2019 Survey Results

Thank You to those patients who completed the survey. Results show that once again patients have expressed no areas of concern.

The morning Open Surgery is not for patients to see the doctor about reordering repeat prescriptions or medication reviews. Patients are requested to make an appointment for issues of this nature.

Patients are reminded that if they need to see a doctor urgently when the practice is closed, Purley Hub at Purley Hospital is open from 8.00am – 8.00pm daily. The Hub is GP led.

NHS Health Checks

NHS Health Checks are available to people between the ages of 40 and 74. The health check consists of an appointment with a health care professional at which you are asked about your family history and lifestyle, and have your body mass index (BMI), blood pressure and cholesterol concentration measured. Further tests may then follow.

If you would like a Health Check, make an appointment at reception.