

YOUR HEALTH MATTERS - 2015

A JOINT PUBLICATION FROM APPLETREE MEDICAL PRACTICE/APPLETREE PPG

Summer 2015

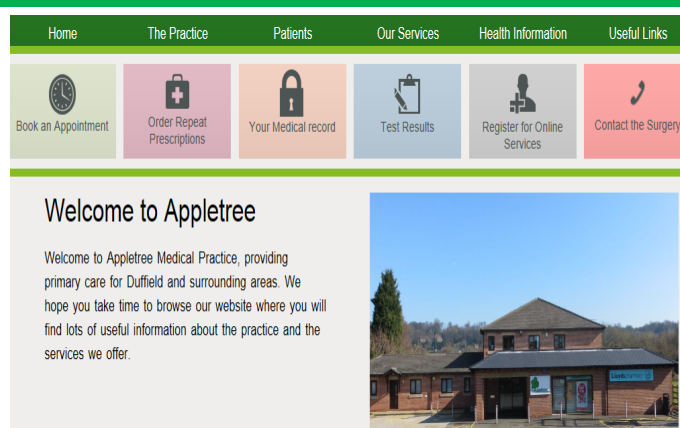
MEDICAL PRACTICE

A new look!

In Spring 2015 our seasonal newsletter became a joint effort, with the Practice and Patient Participation Group (PPG) joining editorial forces. The newsletter has always tried to take a patient perspective but this move strengthens the patient voice at Appletree. We have taken the opportunity to change the presentation style and adopt a new title which we think sums up our joint approach and is in keeping with our recently re-launched web site (see below). "What matters to you, matters to us". We receive lots of information everyday. We want to make sure that you receive information in a form that's both relevant and understandable.

Check out the new website!

Visit the practice's new website which has recently been re-launched. You can find a variety of information which can make your health care even easier to manage. On the website you can quickly access information on booking appointments, how to contact the surgery and much more. Take a look around and give the practice feedback.



You have a "named" GP.

All patients, including children, will very shortly have a named GP. This builds on the move last year to provide a named & accountable GP for patients over 75yrs old.

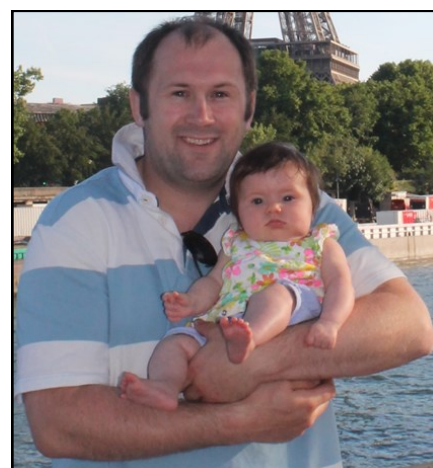
In the first instance you will be allocated a named accountable GP but if you have a specific preference as to which GP you wish to be assigned, the Practice will make all reasonable efforts to accommodate your request.

You can still make an appointment with any GP or nurse but the role of the named accountable GP is to take responsibility for the co-ordination of all appropriate services provided by the Practice and to use their clinical judgement to ensure they are delivered to each of their patients where required.

It can often be a good thing to consult with more than one GP over time as it gives our doctors a chance to offer another opinion on your condition and courses of action.



Dr Austin Dekker will be re-joining us in August for his final year!



We are pleased to announce that Dr Dekker will be returning to complete his final year of training. He was previously with the practice on placement for four months back in 2014. He's a valued member of the team and we look forward to welcoming him back.

Getting involved in your Practice

Are you interested in:

- Learning more about how Appletree operates?
- Having a voice and getting involved in shaping and improving health and health services in your local community?



If so, have you considered coming to a meeting of the Appletree Patient Participation Group (PPG)? We have been in existence for over 3 years during which time we have worked with the Practice on a number of improvement initiatives; for example the new telephone system; practice literature; Carers' Forum to name just three. We meet bi-monthly; the times and dates are posted on the PPG noticeboard at the Surgery and on the Practice web site www.appletreemedical.co.uk. You would be very welcome.

David Nove, Chair of Appletree PPG



Welcome to Live Life Better (Derbyshire). If you need help and support to stop smoking, lose weight, become more active or improve your diet, they can help you to make the changes needed to improve the way you feel now and in the future. They are a team of specialists that can create a personal programme to tailor your needs. They do have a clinic here at the surgery which you can book in to, no referral needed. Visit their website for more information on all of these topics.

www.dchs.nhs.uk/livelifebetterderbyshire

Flu clinics are coming!

We are preparing for the 2015/16 flu immunisation clinics. As in previous years eligible patients will receive their vaccination details by post over the next few weeks.

This year the eligible patient groups are:

- those aged 65 years and over
- those aged six months to under 65 in clinical risk groups
 - pregnant women
 - all 2,3 and 4 year-olds
- all primary school children in years 1 and 2
 - those in long-stay residential care homes
 - carers

Do you care?

Do you voluntarily look after someone, a relative or friend, within their home, who is unable to look after him/herself? You may appreciate a support group offering friendship and information.

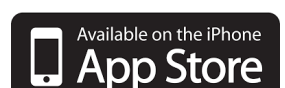
'Friends of Carers' who are volunteers from the **Patient Participation Group** run such a group bi-monthly at the **Surgery** on a **Wednesday 1-2:30pm** where tea, coffee and biscuits are served. The idea is it to be informal, a chance to exchange views and information, form new friendships and learn about facilities for Carers.

For further information contact – Margaret Raw – emraw6@gmail.com or Appletree Medical Practice – 01332842288



Online appointment booking

You can now book online using our app. This can be a quicker way to see a GP of your choice. Already this year we have increased the number of appointments available online benefiting patients using the internet and making it easier to get through to the Practice by telephone. You can also find the practice on Twitter and Facebook.



Download the Systmonline app for your smartphones and tablets.



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