



Long Buckby Practice Patient Newsletter

Winter 2022

Working together to improve end of life care



www.longbuckbypractice.nhs.uk

Practice Opening Hours

The Practice is open Monday to Friday 8am to 6.30pm. Closed on Bank Holidays.

Appointments are now available up to 8pm on weekday evenings and Saturdays 9am to 5pm

SATURDAY

You can now see a health care professional in the evening and at the weekend. These appointments are available through our Primary Care Network and will not necessarily be at the surgery here in Long Buckby. You may be asked to go to another local surgery or have a telephone or video consultation with our partner provider Livi.

NHS GPs Practices are required to create a Patient Participation Group (PPG). The Long Buckby Practice formed a PPG in 2007 and later, a Virtual Patient Participation Group (VPPG) was established. The purpose of creating the VPPG was to include a wider group of patients who are unable to attend group meetings. While there is NHS guidance on how to create a PPG, there are no regulatory requirements and each Practice can develop their own PPG to reflect their own needs. The Long Buckby Practice PPG meet four times each year, late afternoon for about an hour.

The current PPG was re-formed in August 2022 after a two year close down due to the Covid pandemic. Kate (Practice Manager) and Ruth (Data Manager) represent the Practice and there are seven elected members. Kate and Ruth are exceptionally welcoming and always open to new ideas and suggestions. The PPG is always keen to hear from interested patients. Ruth currently acts as Secretary to the group. A PPG member should carry out this role and the group would be pleased to hear from a patient who is willing to take over as Secretary.

The PPG is not just about attending meetings. It has a real purpose in helping to shape the way the Practice operates and how it interacts with patients. It is intended that the PPG will be consulted, and then come up with ideas and suggestions through which the views of the patient are brought to the attention of the Practice and to do our best to see that these are acted upon. It should be noted that the PPG is not involved in the running of the Practice or have any regulatory function.

The current main focus of the PPG is to develop an effective communication network for those patients who needs assistance in accessing and using the NHS App to support their needs. Helen Blackburn (Social Prescriber) and Ruth will be offering drop in sessions at Long Buckby Library Hub, so look out for notices of these sessions and do take up the offer of support.

The next meeting of the PPG will take place in February. In the meantime, if you wish to contact a member of the PPG please do so via Ruth at the surgery.

Maureen Raine (PPG Chair)





It is not too late to have your flu jab, but if you are eligible and you do not require one this season, please let admin know on 01327 841842 or via 'contact us' on our website or NHS app. If you tell us straight away that you do not want one, it will stop us contacting you many times during the flu season. Some of the at risk groups are listed below, but please see reception or telephone if you are unsure.

Over 65s Carers Children aged 2 & 3 Diabetics Asthmatics using inhaled steroids Pregnant ladies BMI higher than 39 A chronic long term condition Weakened immune system



Did you see our Veterans' tree at two local Christmas tree festivals? It is important that you tell us if you have served in the military as Veterans may need changes to their treatment plans. You are a Veteran if you have served in any country for more than 24 hours or have done National Service.



Childhood Immunisations

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent up to 3 million deaths worldwide every year.

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or seen very rarely.



Other diseases like measles and diphtheria have been reduced by up to 99.9% since their vaccines were introduced.

However, if people stop having vaccines, it is possible for infectious diseases to quickly spread again.

It is important to book an appointment with one of the Practice Nurses as soon as you get the letter to say your child's next immunisation is due. Appointments are available to pre book every day.

Welcome To New Staff

You may have noticed a couple of new faces in reception over the last 6-12 months, as we have welcomed Belinda and Becca.