



# ELMPP

## East Leake Medical Patient Partnership Newsletter Spring 2019

**NHS**  
**Rushcliffe**  
**Clinical Commissioning Group**

The Patients Participation Group (PPG) hope that you will find this newsletter helpful and informative. If you've picked one up whilst waiting for your appointment please take it home with you to look at again later

East Leake's Health Centre has been accredited as veteran-friendly, with staff now able to identify and treat servicemen and women who have served their country at home or abroad more effectively. The accreditation means that staff can assess veterans' health needs more accurately and refer them to the appropriate services, such as the NHS veterans' trauma network or the NHS veterans' mental health transition, intervention and liaison service. Councillor Debbie Mason visited the centre to join staff, members of the patient participation group and the DMRC's colonel Gareth Thomas is signing the accreditation.



She said "it is great that the health provision in East Leake is now able to offer further specialised support to those who have served in the Armed forces. It is vital that veterans are able to access the support they may need and in Rushcliffe we are committed to ensure the different aspects of support are easily available"

The nationwide scheme has been adopted by NHS England and the Royal College of GPs to meet the needs of ex-military personnel who may face additional challenges when they return to civilian life. Dr Fraser, GP in East Leake and lead for long term conditions in Rushcliffe signed the accreditation on behalf of the health centre.



He said "healthcare for veterans was already a priority here in East Leake, but being accredited means we can now consider and accommodate their often unique needs more effectively. Changes to our internal patient system will allow us to identify ex-service personnel and also to ensure they receive care and treatment that is considerate of their time in the Armed forces.

For more information on the scheme, please email Victoria Coomber at [victoria.coomber@chanrwood.gov.uk](mailto:victoria.coomber@chanrwood.gov.uk)

**If you are a military veteran, then please inform reception staff in order for us to record your status.**

### Online Services

Are you registered for online services? Did you know that you can complete an online questionnaire for any admin or clinical queries.

This offers an additional form of contact to the surgery, therefore offering more flexibility for our patients. If you are not yet registered, then please enquire at reception.

Music Fun      Help Advice

**Memory Café**  
Every Tuesday  
10.30 till 12 Noon  
At the East Leake  
Methodist Church

A café with a difference for those with dementia, their family, carers and friends

Reminiscence      Just turn up or contact  
Anne 01509 559 797      Chair Exercises

East Leake  
Community Care Association

### Congratulations to the team who have won both excellence and innovation wards

The team is passionate about delivering DESMOND (diabetes education self-management for ongoing and newly diagnosed) and strives to offer a consistent level of care. The team has achieved a considerable amount during the year. A new DESMOND session has been established in East Leake, one of the more remote locations, which has seen an increase in attendance of 193% registered at the surgery.

The judges said "it was clear from your submission that you and your team are making a difference to the lives of people with type 2 diabetes by going above and beyond in delivering the DESMOND programme" Referrals can be via the surgeries ask reception who will forward to a practice nurse or ask a health professional directly.

**DESMOND days** - St Mary's Church Hall, East Leake 09:30am – 16:30pm

Wednesday 24<sup>th</sup> April 2019, Wednesday 5<sup>th</sup> June 2019 and Wednesday 17<sup>th</sup> July 2019



**Patient Group Information is on the website or look for our poster in the waiting room**

# Helping you to help yourself

## A guide to self care

No need to wait for a doctor's appointment, you can go straight to your local pharmacy.

What is self care? Self care is looking after yourself in a healthy way, for example taking exercise and eating a healthy diet. It is also about understanding when you can look after yourself, when a pharmacist can help, and when to get advice from your GP or another health professional.

Rather than visit their GP or nurse, most people can take care of themselves when they have common illnesses such as sore throats, coughs etc.

Pharmacists can also help you to look after yourself. They can also advise you on over the counter medicines. If your symptoms carry on longer than is normal for a minor illness then make an appointment at your GP Practice. For further information, ask at reception or pick up a leaflet which is available in the waiting room.

## Medicines for self care

The following minor illnesses can be treated effectively and safely using over the counter medicines.

Treatments for these conditions are no longer recommended on prescription. You can speak to your pharmacist for advice.

- Acute sore throat
- Conjunctivitis
- Coughs, colds and nasal congestion
- Cradle cap
- Dandruff (mild scaling of the scalp without itching)
- Diarrhoea (adults)
- Dry eyes/sore tired eyes
- Earwax
- Excessive sweating (hyperhidrosis)
- Fungal nail infections
- Haemorrhoids
- Head lice
- Infant colic
- Infrequent cold sore of lips
- Indigestion and heartburn
- Infrequent constipation
- Infrequent migraine
- Insect bites/stings
- Mild cystitis
- Mild irritant dermatitis
- Mild acne
- Mild dry skin
- Mild to moderate hay fever/seasonal rhinitis
- Minor burns/scalds
- Minor conditions associated with pain, discomfort and/or fever (e.g. aches and sprains, headache, period pain, back pain)
- Mouth ulcers
- Nappy rash
- Oral thrush
- Prevention of dental cavities
- Probiotics
- Ringworm/Athlete's foot
- Sunburn due to excessive sun exposure
- Sun protection
- Teething/mild toothache
- Threadworm
- Travel sickness
- Upset stomach
- Vaginal thrush
- Vitamins and minerals for prevention/maintenance
- Warts and verrucae

Nottinghamshire Help Yourself

working in partnership  
Nottinghamshire  
County Council



The Nottinghamshire Help Yourself site is a partnership between health, the voluntary sector and Nottinghamshire County Council to bring information and advice together in one central place - so people can find the information they need easily.. For further information ask at reception or go to <https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page>



### BOOKED AN EXCITING HOLIDAY? PLEASE KEEP SAFE

Consider whether you need any travel vaccines early as we do not have last minute appointments

and you may need a course of vaccines.

So - Pick up a travel questionnaire form at the surgery or download one from the website & make an initial travel consultation with a nurse (20 mins needed)

The Practice does not provide vaccines for Rabies, Japanese Encephalitis and Yellow Fever so please contact a local travel centre – details in the waiting room or on the Practice website. Check out your malaria risk on travel websites such as NaTH-Nac and TRAVAX databases

### Carers drop in sessions

East Leake Health centre 9—10.30am  
Wednesday 8th May 2019  
Wednesday 12th June 2019  
Wednesday 10th July 2019



### May Closing

Please be aware we will be closed on Monday 6th May 2019 and Monday 27th May 2019

If you are ill over the bank holiday and the surgery is closed please call 111