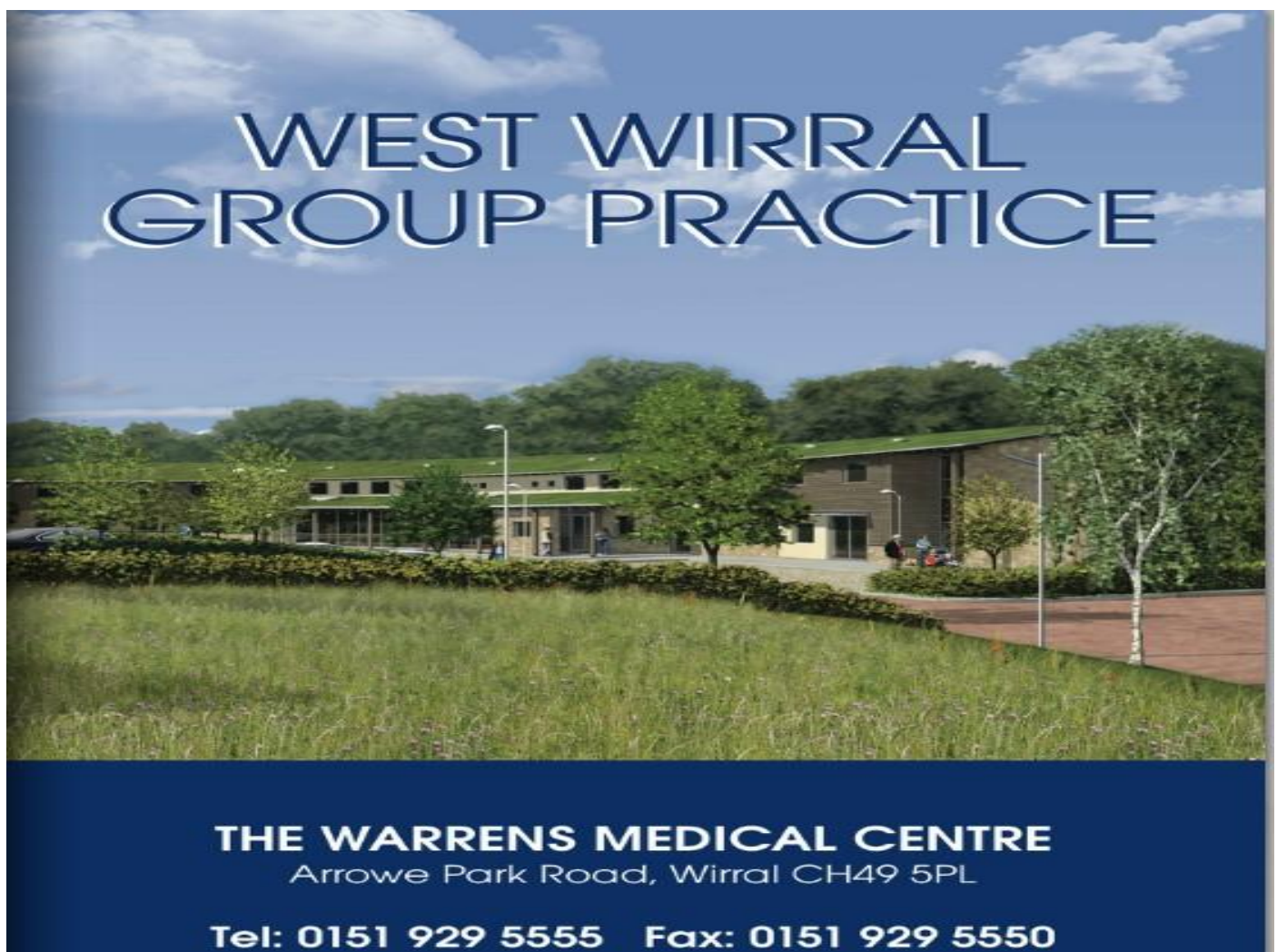


Winter Issue
September 2019



Patient Participation Group (PPG) Newsletter



The Warrens Medical Centre Website can be found at the following address :- <https://www.westwirralgrouppractice.org.uk>

News

Annual Flu Vaccination

FREE Flu vaccination is available every year on the **NHS** to help protect adults and children at risk of **flu** and its complications.

You should have the flu vaccine if you:

- are 65 years old or over
- are pregnant
- have certain medical conditions
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill

Please phone, or call into reception to make an appointment
for your vaccination as soon as possible.

The Practice has purchased enough vaccines for all of their eligible patients.

If you decide to have your vaccination at the chemist instead,
then this will mean that the Practice is left with unused vaccines at the end of the year.

The Practice will be vaccinating throughout the day during the Autumn,
with 7am appointments available for those who need to get to work &
some appointments available as late as 8pm.

There are also Saturday appointments available.

**PLEASE BOOK TO HAVE YOUR VACCINATION AT THE PRACTICE RATHER
THAN AT THE CHEMIST**

The Practice will not be writing to patients to remind them that the vaccination is due.



Dr Johnston is retiring

It was a strange feeling a few months ago when, after 39 years at this surgery, I formally signed my resignation from West Wirral Group Practice. A dramatic opener to grab the attention! But rest assured I am not going just yet - so some context. I actually retired and started drawing my pension several years ago after getting entangled in the NHS pension cap issues; that has again hit the headlines recently. I was paying extra into my pension so that I could consider early retirement when the pension scheme was altered and my extra payments were becoming a liability. I asked to stop them only to be told that I had signed a contract; they said that my only way out was to retire – but then I could draw my pension and come back part-time with little change in my income. Not the hardest decision I ever made. And so the last 7 years have passed pleasantly enough.

Never-the-less I have been finding the 14 hour days getting a bit tedious and wondered how much longer I would carry on enjoying the job. If I had a young family or less tolerant wife it would have been an unacceptable problem. Then I came across the GP Retainer scheme. This is a scheme designed to try and keep younger doctors with families and older doctors who feel a bit frayed from leaving the profession. The maximum sessions per week is set at 4 (I presently work 5) but it is possible to average that out across the year. If I stayed as a partner and dropped to 4 sessions I would still have the same number of weeks holiday as all the other doctors; being a retained GP I can agree my own hours with the practice and take more holidays – just the ticket. The attraction for the younger doctors is that they can arrange to be off during the school holidays. The catch (or hidden bonus?) is that, as a retained GP, I can no longer be a partner, I have to become a salaried employee; meaning nor more late night business and managerial meetings, dealing with the practicalities of the building or staff, and no more letters coming my into my tray simply because they are headed Dr Johnston and partners. We will become Dr Hughes and partners.

So on November the first I am leaving the partnership; but not the practice. I have suggested that I concentrate my shifts on the busy winter months and then fill in for all the school holidays and half terms (when our doctors-with-children selfishly want to spend time with their own family). So for the next 6 months I will be working exactly as I have been for the last 7 years. But be warned, from May onwards I will become much more elusive, mainly working as a locum to fill in the gaps during the holidays. So my apologies to those who already find it hard enough to get an appointment with me – it is going to get worse! I have always said that I will continue working as a GP until I no longer enjoy the job and, despite the many silly frustrations, I am still hooked. There has to come a day when I finally hang up my stethoscope and pack away my prescription pad – but just not yet.

Primary Care Networks

As medicine advances, health needs change and society develops, so the NHS has to continually move forward so that in 10 years' time they have a service fit for the future.

The NHS Long Term Plan was drawn up by those who know the NHS best – frontline health and care staff, patients and their families and other experts.

Primary Care Networks (PCNs) are a key part of the NHS Long Term Plan. All general practices were required to be in a network by the end of June 2019 with a view to going “live” on 1st July 2019. This just means that, all general practices will be aligned to a PCN, covering 30,000 to 50,000 patients, although in West Wirral's case the number is approx. 72,000. Our PCN is called Healthier West Wirral PCN and comprises of 6 practices, West Wirral Group Practice, Heswall and Pensby Group Practice, Marine Lake and Estuary Medical Practice, Greasby Group Practice, Upton Group Practice and Commonfield Road Surgery.

The above general practices will work together with a range of local providers across primary care, community services, social care and the voluntary sector to offer one personalised, coordinated health and social care service to the local population. All practices in the Network will provide Extended Access.

Over the next five years, Clinical Pharmacists, Social Prescribers, Physiotherapists, Physician's Assistants and Community Paramedics will be working alongside GPs, to deliver a holistic approach to healthcare, with a strong emphasis on prevention and personalised care. Patients will be supported to make informed decisions about their care and look after their own health by connecting with the full range of statutory and voluntary services.

There has been a very short time-scale for practices to set up PCNs and everyone in practices has been working very hard in a short space of time to achieve this.

This multidisciplinary workforce will be phased in as follows: Clinical Pharmacists and Social Prescribers will be in place in 2019. Physiotherapists and Physician Associates will join in 2020 and Community Paramedics will be in place by 2021. By 2024 there will be a full team of allied health professionals.

Essentially, GPs, Nurses etc will not change the way they work day-to-day. The practice will still be here to see patients as now.

This is a new and constantly developing area and we do not yet have much “meat” to put on the “bones” of the plan but as we get it, we will inform patients in our Newsletters. In addition, patients, who have access to computers, laptops etc, should keep an eye on the practice website because I am sure items will be loaded on there from time to time.

There is an event arranged at West Kirby United Reformed Church in Meols Drive, West Kirby on **19th September 2019**, to which all patients are welcome. Please see separate page. It is an all-day event from 10am until 6pm so do drop in anytime. Members of each PPG will also be there to help out. There will be various services attending so **please come along and join us.**

Primary Care Network Logo Design

Some patients may be aware that the following GP Practices will be joining forces to form the Healthier West Wirral Primary Care Network (PCN): Commonfield Road Group Practice, Greasby Medical Centre, Heswall & Pensby Medical Centre, Upton Group Practice, Warrens Medical Centre and West Kirby (Estuary and Marine Lake Group Practices).

Other PCNs will be formed across Wirral that will incorporate the other GPs in the Borough.

Further information will follow about the PCN and how it will operate, but to get things underway, the new Healthier West Wirral PCN Board asked the Warrens' Create & Chat Group* to come up with a design for a logo for the new PCN.

Prepared by Debbie Simnor, who is one of the volunteers that runs the Create & Chat Group, several logos were developed for the PCN Board to consider.

Each potential logo incorporated coloured circles which were arranged to give an approximate geographical representation of the six locations of the GP Practices in the PCN. The size of each circle reflects the proportional size of the patient population at each of the locations, which are linked as part of a tree that aims to indicate that each Practice is part of a network that will grow together.

Considered by the Board over the last couple of months, the preferred logo (shown below) was wheedled out and has now started to be used on publicity leaflets and posters.

Each of the other PCNs in Wirral will have their own logo, so when you see the Healthier West Wirral logo, you will know it relates to you and the Warrens Medical Centre.



- Patients who live alone or are carers and would like to meet other people are especially welcome.
- The group is for patients registered with the West Wirral Group Practice and is held on the first Thursday of each calendar month at the Warrens Medical Centre.

National Cancer Audit

National Cancer Diagnosis Audit



This GP practice is taking part in an important national project to improve how people are diagnosed with cancer.

**This project is called
the National Cancer Diagnosis Audit (NCDA)**

If you have been diagnosed with cancer, your GP practice may share, securely, certain information with the National Cancer Registration and Analysis Centre at Public Health England.

This information might include how many times you came in to see the GP with symptoms, what types of tests you had, and when you were referred.

Taking part in the NCDA shows that this GP practice is committed to diagnosing cancer as early as possible, to improving care for people with signs and symptoms that could be cancer and care for cancer patients.

The type of information, and how it is shared, is controlled by law and enforced by strict rules of confidentiality and security.

For further information about how your data is used, please see www.cruk.org/ncda
More information about cancer registration is available at www.ndrs.nhs.uk

**Important
Patient
Information**

If you do not want your information to be used, please inform the receptionist, your GP or your nurse. This will not affect your care in any way.

**More information is available at
www.cruk.org/ncda, www.ndrs.nhs.uk
or ask a member of staff.**

The NCDA is delivered in partnership with:



The Loo

The Loo!

The thing with your bladder
And constantly needing the loo,
Is it controls your life
In the daily things you do.

Like you know things are desperate
When you realise you need to pee,
And finding a vacant cubicle
Just fills your heart with glee!

You dread turning the tap
Or hearing water drip,
Both a signal to the bladder...
It's due another trip.

Where ever your travels take you
Needing to ask "where's the loo?",
Limiting the kind of things
You wish you were able to do.

Wondering if you could travel
From here to there unsure,
Feeling you're a burden
Becoming a complete bore.

Then you have to drink more
To help flush things through,
That just means extra visits
To, you guessed it, the loo!

By Carole Clare

Useful Telephone Numbers

Warrens medical centre	9295555
Arrowe Park Hospital	678 5111
Clatterbridge Hospital	334 4000
Social Services	625 0045/647 7000
Citizens Advice Bureau	0300 33 00 111
Wirral Borough Council	647 7000
St Catherine's Community Trust	514 2888

PPG contacts

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If there is any news, information or articles that you would like to see in the newsletter or if you have any feedback then, please contact me at ppgnewsletterwwgp@gmail.com There are also plenty of opportunities for patients to become involved with the PPG so please contact ppg.wwgp@gmail.com if you have any ideas or are interested in helping.