

ST HELENS, ISLE OF WIGHT PPG

Patient Participation Group for St Helens Medical Centre

NEWSLETTER



We hope you enjoy reading our June edition and find it of some benefit.

Practice update

We are very pleased to welcome Dr Wiessler and Dr Das both working as long-term GP locums alongside the GP Partners, Dr Cooney and Dr Briggs. We also have a regular team of locums supporting the surgery, Dr John, Dr Tomov and Dr Kitova-John.

We have a new part-time Advanced Nurse Practitioner who joined the surgery in May. Jane will be working 2 days a week supporting the GPs with routine and on day appointments.

Roles at the surgery you may not know about – Pharmacy Technician

Sabrina is our Pharmacy Technician. The role of a Pharmacy Technician is helping with prescription and medication enquiries, providing safe and effective medicines optimisation as well as ensuring any hospital medications are up to date and accurate. They also support electronic repeat dispensing, allowing patients to receive several months of prescriptions at one time, reducing the need for a patient to see a GP.

Wightlink, Hovertravel and Red Funnel – travel offers

Did you know the below discounts are available for patients travelling to the mainland for hospital appointments -



WIGHTLINK
ISLE OF WIGHT FERRIES

NHS
Isle of Wight
NHS Trust

**50% DISCOUNT FOR
NHS APPOINTMENTS**

If you need to travel to the mainland for an NHS hospital appointment, you can get 50% off your ferry crossing with Wightlink when you book ahead.

We'll ask to see proof of your appointment when you check in on the day of travel.

Call 0333 999 7333 to book,
quoting 'Wightlink Healthcare Discount'.

Full information at wightlink.co.uk/nhsappointments



Hovertravel offer discounted fares for NHS patients and visitors to patients. The discounted NHS patient fares are available for patients and a plus one travelling from Ryde to Southsea, for an NHS appointment, subject to production of NHS appointment card or letter at time of boarding. For more information contact email: info@hovertravel.com or Tel - 0345 222 0461. Details are also online.



Red Funnel's Healthcare Travel Scheme provides discounted foot passenger travel eligible customers who have an NHS medical appointment in Southampton. A special return passenger fare is available for the patient and a companion. Where the patient is a child, the discount fare is for up to 2 adults travelling with the child. For more information email: customerservices@redfunnel.co.uk or Tel - 02380019192. Details are also online.

Kickstart your health



Lose Weight

Losing weight is not about getting it right - it's about getting started. If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.



Keep Active

No matter how active you are, physical activity is good for your body and mind. Aim to be active every day, the more you do the better you will feel. A daily brisk walk can give your body a boost, lift your mood and make everyday activities easier.



Quit smoking

Smoking weakens our lungs and makes harder to breathe. Stopping smoking is one of the best things you will ever do for your health. Even if you've tried before, maybe more than once, you can succeed.



Drink less

Drinking less can help you feel a bit better every day. Cutting down on the booze can be an effective way to improve your health, boost your energy, lose weight and save money. Any reduction in the amount you drink every week will be beneficial. You do not necessarily need to go teetotal to feel the benefits of drinking less. Even just sticking to a few drink-free days a week or swapping a lower-strength drinks are great steps in the right direction.

More information at <https://www.nhs.uk/better-health/>

Patient Group Members

- **Chairman** - Keith Bradford - 07421 826150 or keithbradford18@yahoo.com
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