



Information for carers

Are you or someone you know providing much needed care for a family member or friend? Do you provide unpaid support to someone who is ill, frail, disabled or has mental health or substance misuse problems? If so, there is free personalised support that you can access which will make things easier for you. The Carers Trust East Midlands provides a range of support and services. These can be accessed via the Nottinghamshire Carers Hub. Services offered include information, advice and guidance. Access to carers groups and drop-ins. Free health and well-being memberships and much more.

For more information please contact the Nottinghamshire Carers Hub. Call: 0115 824 8824, email: hub@carerstrustem.org or visit the website: www.carerstrustem.org/hub

Stay Well This Winter

Flu jab clinic will start in September. More information will follow in the next few weeks.



The purpose of Daybrook patient participation group is to communicate and work with the Practice in order to enhance the patient experience. We are always interested in recruiting new members. If you would like to join this group please contact the surgery on 0115 9267628, or ask at reception for further details.



Daybrook Patients Group Newsletter - Summer Edition 2017

NHS England have recently conducted a survey.

There were 23 questions and included how happy were patients with getting through to the practice, helpfulness of the receptionists, being able to see the clinician they wanted and the convenience of the appointments available. Of the 120+ sent out to Daybrook patients 44 were returned. The Patient Group are going to analyse these results and carry out their own survey in September to ascertain what importance patients place on these. We will also include other questions on has the phone system improved and whether patients are satisfied with the current opening hours. Members of the patient group will be handing these surveys out during the flu clinics to enable them to have as many completed forms as possible to enable a more comprehensive conclusion. The results of this survey will be published towards the end of the year.



Surgery Opening Hours:

Monday: 7.30am - 7.00pm
Tuesday, Wednesday & Friday: 7.30am - 6.30pm
Thursday: 7.30am - 6.30pm (reception only from 12.30pm)

If you need medical advice outside of these hours, please either call the surgery on: 0115 9267628, and you will be transferred to 111, or dial 111 directly.

If you need to be seen urgently please go to the Urgent Care Centre on London Road (next to the BBC).



South Nottinghamshire Patient Participation Group Networking & Celebration Event

The event was held at the Trent Vineyard Conferencing Centre, Easter Park, Lenton on Thursday 13th October at 9.45am

On arrival there was an opportunity to visit the various displays of other PPG's and the NHS and network with other attendees. We were then seated within mixed groups from other PPG's across 14 tables.

Following the opening of the day by the event facilitator Richard Pentreath we were treated to an uplifting personal view by speaker Dr Nicole Atkinson GP of the Church Street Practice in Eastwood who gave an account of a GP's perspective of a successful PPG. The Church Street Practice are ranked outstanding by the CQC

So what are the impacts/benefits of the PPG from the practice staff/ GP perspective?

Factors of a good PPG:

- Critical friend
- Communication
- Newsletters
- Improvement
- Innovation
- Shared vision
- Open culture
- Patient surveys
- Partnerships
- Motivation
- Empowerment
- Community engagement

Thoughts

How does the PPG measure up against the above?

How do we measure our value?

What are our improvement plans?

How do we move the practice forward?

After a thought provoking talk from Dr Atkinson the members of each table group were asked to consider and offer up:

- ⇒ What was working well within their PPG?
- ⇒ What do we need help with?
- ⇒ How do we reach the wider population?

RASPBERRY SWIRL CHEESECAKE



Ingredients:

- 1 packet raspberry jelly
- 25g melted butter
- 100g crushed digestive biscuits
- 225g raspberries fresh or frozen
- 150g Greek yoghurt
- 200g cream cheese (soft at room temperature)
- Extra raspberries and cream to serve

Recipe:

Dissolve jelly and make up to 225ml. Leave to cool.

Make biscuit base using a 6.5 inch cake tin. Liquidise 175g of the raspberries and put through a sieve to remove the seeds.

Reserve 3 tablespoons of puree.

Whisk the cooled jelly, yoghurt and cream cheese into puree until smooth. Stir in the remaining whole raspberries.

Pour onto biscuit base in tin. Drizzle over the reserved puree and drag a skewer through to swirl.

Chill for several hours or overnight.

Serve with extra raspberries and cream.



Clinic Room signage

Those of you who have recently attended the surgery may have noticed the practice have numbered all the clinic rooms. We are trying to make navigation around the surgery simple and affective. We will be carrying out a survey in the next few weeks to see if this change has made a difference and if so will look at making the signage permanent.



PROSTATE CANCER RISK ASSESSMENT

Prostate Cancer is the most common cancer affecting adult men in the UK. 1-4 black men get prostate cancer at some point in their lives, this compares to 1-8 white men. The reason for this is not known.

There are currently 2 drop in clinics for men to have a prostate cancer risk assessment. The assessment includes a PSA (Prostate-Specific Antigen) blood tests, a prostate check and there is also information and support available at these clinics. Prostate cancer rarely shows any symptoms. Venues & Dates:

- The Vine Community Centre
Bobbersmill Road, Hyson Green, NG7 5GZ
August 7th, September 4th, October 2nd & November 6th
9.00-3.30
- The ACNA Centre (Cottage)
31a Hungerhill Road, St Anns, NG3 4NB
August 30th 1.30-8am
September 20th, October 18th & November 22nd 9.00-3.30

Check out their website: www.tings.org.uk
or email: checkout@tings.org.uk or by telephoning:
01158376780/078341710566

The keynote speaker was Francis Newell employed by NHS England. Francis offered a rhetorical keynote talk on PPG's, setting both the question and the answer.

Why patient and public participation?

Legal Duty on CCG's/NHS England are built into NHS contracts. Participation, brings understanding, improvements, which leads to better

services nationally, locally and at a micro level.

Better decisions are made, based on need and understanding, these are more transparent and accountable with a deeper insight and take account of different perspectives.

Building partnerships, improves trust amongst all stakeholders, solutions are better designed, problems are identified earlier.

There are also social benefits: empowered communities and community partners are all helping to lead change with an enhanced understanding of how to engage with health services.

There are also economic returns: best value, value for money, Decommissioning of non needed services and identifying needs.

Other reading:

- ◇ In Touch - NHS news letter
- ◇ Involvement Hub NHS England
- ◇ CCG's Transforming Participation Guidance
- ◇ General Practice Forward View



Detective Inspector Dog

(or: Constable Canine)

*Medical Detection Dogs
(from a talk given locally)*



Dogs have been used for a long time to assist blind people in the street or on the bus, and they can also help deaf people in their own homes. In a different way, dogs can help people with epilepsy, as they can sense and warn when seizures are about to occur. But it was found some years ago that by using their strong scenting instincts, dogs can detect the presence of cancers at an early stage. Sometimes they can even detect it in the body, but more often in urine samples or on the breath. Early diagnosis is vital in cancers, but some are harder to diagnose than others, for example prostate cancer - blood-tests for prostate cancer are only about 16% effective; testing with dogs could be more efficient, and save the cost of unnecessary biopsies. They are also being used to help in tests for breast cancer. Cancer Detection Dogs work with scientists in laboratories - earlier detection helps to save lives, and to reduce the number of perhaps more invasive and expensive tests and treatments.

Medical Alert Assistance Dogs are also working in people's homes to sense the onset of life-threatening emergencies, to prevent them if possible, and to help in certain ways if they do occur. For example, in severe Type 1 diabetes, dogs can scent the change in blood-sugar levels that might lead to a collapse from hypoglycaemia - with children, a dog can even attend school with them! Other conditions that can be helped in a similar way include Addisons disease: narcolepsy (a tendency to fall asleep at any time), and non-epileptic seizures.

Dogs can also sniff out the presence of nuts if the person has a severe nut allergy.

Having a trained dog in the home to warn of attacks of these kinds can save the cost of a paramedic visit, which costs about £250, and of hospital admissions, as well as saving worry and pain for the individuals and families involved, and helping them to lead more independent and normal lives.

The Medical Detection Dogs charity started as recently as 2008 and gained medical recognition in 2014. Twelve dogs were trained last year and 67 dogs are in operation now, with about 50 people on the waiting list for a home dog. Labradors and spaniels are the breeds mostly used.

And for the future? After the talk, a lady in the audience mentioned that her dog had definitely known when she became pregnant, and for a while did not want to come close to her. So - pregnancy testing?! A dog in every GP practice, to check us all out as we wait? - that might be more so!

Medical Detection Dogs trains dogs to detect the odour of human disease. It is at the forefront of the research into the fight against cancer and helping people with life-threatening diseases.

Please visit medicaldetectiondogs.org.uk for more information or to find out how to support this very valuable charity.

You can also email them at:

operations@medicaldetectiondogs.org.uk

Or call them on: 01296 655888

