

# Daybrook Patients Group Newsletter



## Date for our next Coffee Morning:

Monday 1st December at 10.00am. There will be a stall for cakes and Christmas decorations on sale, We will also have a raffle with some lovely prizes and of course, free coffee and biscuits. We hope that as many patients and friends/ carers/neighbours will pop in and join us.

## “Friends and Family Test”

A new government initiative comes into force on 1<sup>st</sup> December known as “Friends and Family Test”, and as it forms part of the GP contract we do have to comply.

Practice staff will be required to ask patients to complete a comment card asking whether or not they would recommend the practice to family and friends. There will also be a space to put in any comments as to the reason for their answer. Each month, the results are to be uploaded to NHS England and they will then produce statistics to be put on the NHS Choices website. This will enable anyone to look at the results should they so wish.

Please be aware that whether you are coming in to see a doctor/nurse or just to collect a prescription or make an appointment, you may be asked to complete one of these cards. You may be asked on each occasion you attend the surgery over the coming months. Cards will be available on reception for patients to complete as well as handed out by our staff.

The patter of tiny feet! Dr Erhayem starts her Maternity Leave in November, and ever-smiling Sophie, Health Care Assistant, begins her Maternity Leave in December. We all wish them both the very best for safe and happy deliveries, and not too many sleepless nights for the future! Come back soon.



## FLU JAB REMINDER

Flu vaccination by injection, commonly known as the "flu jab" is available every year on the NHS to protect adults (and some children) at risk of flu and its complications.

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people, such as:

- anyone over the age of 65
- pregnant women
- children and adults with an underlying health condition (particularly long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious [complications of flu](#), such as [pneumonia](#) (a lung infection), so it's recommended that they have a flu vaccine every year to protect them.

The flu vaccine is given free on the NHS as an annual injection to:

- adults over the age of 18 at risk of flu (including everyone over 65)
- children aged six months to two years at risk of flu

We have had a good take up this year at the practice, but if anyone has yet to have their flu jab, please contact the surgery asap.



## Happy Retirement

Practise Nurse Jan Beedham is retiring at the end of December to spend more time with her family, grandchildren and friends. Jan, we shall miss you so very much-your kindness, gentleness and words of help, not to mention your nursing skills have served most of us over the years. Enjoy your well-deserved retirement for a very long time. Love and best wishes from all the patients at Daybrook.



### HAVE YOUR SAY ABOUT HEALTH!

Would you like to have a say in Planning Local Services?

The Clinical Commissioning Groups (CCG) were established last year, replacing the former Primary Care Trusts (PCT). This was partly to save costs but also to involve GPs more in planning local health services, as it is GPs who know what patients need, rather than administrators. Some local GPs are now involved in running the Group, and all have a say in decision-making. And patients are also welcome to have their say by joining the Health Forum.

The Patient Participation Group (PPG) recently invited Janet Baker and Michael Ellis from the local CCG to talk to us about how health service commissioning is now organised. We learnt a great deal about our local services, and we were able to discuss some local needs and difficulties.

The CCG is in charge of deciding what new services are required, and who might provide them in the best and most cost-efficient manner. They also ensure that quality is maintained. And it is important that patients themselves are enabled to make their views known locally. So if you would like more information on the work of the Group, or would be interested in joining their Health Forum, please ring:

0115 883 1709 or visit their website at:  
[www.nottinghamnortheastccg.nhs.uk](http://www.nottinghamnortheastccg.nhs.uk)