



AUTUMN 2019 NEWSLETTER

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Flu Open Day Clinics

Our annual flu open day clinics will be:



Moss Valley Medical Practice

Saturday 21 September 2019

8:00am—12:00noon

Gosforth Valley Medical Practice

Tuesday 8th October 2019

8.00am – 11.00am

2.00pm – 4.30pm

No appointment needed - just come along and you will be seen in turn. Patients are encouraged to attend the open day at their registered branch site where possible.

However, patients can attend at the other site if more convenient



The flu vaccination is available every year on the NHS to help protect adults and 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 aged 65 and over
- pregnant women children and adults with an underlying health condition (such as long-term heart disease, respiratory disease, diabetes, chronic kidney/liver 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), and so it's recommended that they have a flu vaccination every year to help protect them.

This coming winter the only change to the eligibility criteria is the planned extension of the programme to school Year 6 children. This means that all primary school aged children will now be offered the flu vaccination. This will be offered in school from October 2019.

In 2019/20 the following are eligible for the flu vaccination:

- all children aged 2yrs to 10yrs (not 11yrs or older) on 31st August 2019
- those aged 6 months to under 65yrs in clinical 'at risk' groups
- pregnant women
- those aged 65yrs and older
- those in long-stay residential care homes
- carers
- close contacts of immunocompromised individuals

Parents of any child **at risk from flu because of an underlying medical condition** can choose to receive the flu vaccination at their GP surgery. Your GP recommends that these children have their flu vaccination at the surgery to ensure they are vaccinated before the start of the flu season. For the children's programme in schools, the immunisation team has to go to a considerable amount of schools in a short space of time; this can mean that the vaccination may not be offered until later in the season.

Please note: all other primary school age children must receive the flu vaccination at school.

Please note: The children's nasal spray vaccination may not be available on the open days so please check with the surgery first.



Shingles Vaccination

You are eligible for the shingles vaccine if you are aged 70 or 78 years old.

In addition, anyone who was eligible for immunisation in the previous three years of the programme but missed out on their shingles vaccination remains eligible until their 80th birthday. This includes:

- people in their 70s who were born after 1 September 1942
- people aged 79 years

The shingles vaccine is not available on the NHS to anyone aged 80 and over because it seems to be less effective in this age group.

You can have the shingles vaccination at any time of year, though many people will find it convenient to have it at the same time as their annual flu vaccination.

If you are unsure whether or not you are eligible to receive the flu vaccine and/or the shingles vaccine then please contact reception and a member of the team will be able to help you. There is more information regarding these vaccinations on the NHS UK website at: www.nhs.uk



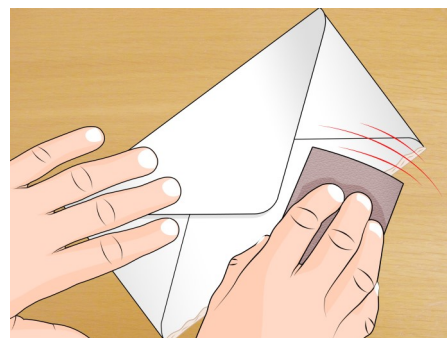
Missed Appointments –Polite Reminder

During the last 3 months, May, June and July over 650 patients failed to keep their appointments at The Valleys Medical Partnership. This has a huge impact on our appointment availability and so please, if you no longer need your appointment, cancel it in time so that it can be given to somebody who does.

You can cancel your appointment without having to speak to the reception team – just telephone your usual surgery number and press Option 2, when you will be prompted to leave your details and the date/time of your appointment. Thank you.

Medical Report/Private Letters/Insurance reports/Travel Claims

Your GP can provide medical reports for insurance, travel claim reports and letters for travelling with medications, etc. There is usually a fee for this type of work – please see the **private fees** page on our website for a list of fees and who is eligible to pay. This work is classed as non-NHS work and, therefore, cannot take priority over day-to-day GP administration. Therefore, we ask that you allow plenty of time for these requests.



Extended Access

Did you know you can book an appointment to see a doctor at the weekend? We offer appointments at:

Gosforth Valley on Saturday mornings
and at
Moss Valley on Sunday mornings.

Half Day Closures

Moss Valley Medical Practice and Gosforth Valley Medical Practice will close from 1.00pm on the second Wednesday of every month for essential staff training. We will re-open at 8:00am the following day. For patients who have an appointment in the extended access clinics on these days between 6:00pm – 8:00pm), your appointment will go ahead as normal.



The next half day closure sessions are:

11th September 2019

9th October 2019

13th November 2019

11th December 2019

PRIMARY CARE NETWORKS (PCNs)

What is a Primary Care Network (PCN)?

A Primary Care Network (PCN) consists of a group of practices working together to provide some primary care services. The services provided by PCNs will largely be newly funded services, although funding for some existing services may be transferred from individual practices to the PCN. PCNs are increasingly likely to work with other community based organisations to provide care.

Why are PCNs being formed?

The intention behind establishing PCNs is to focus services around local communities, building on local GP practices to help rebuild and reconnect primary healthcare teams across the areas they cover. As new services are introduced, they are increasingly likely to be funded through PCNs.

Do we have to join a PCN?

Technically no, the practice doesn't have to join a PCN. However, in that situation our patients would be allocated to a PCN by the CCG so they can receive the services provided by a PCN. We would, therefore, have no control over the provision of those services to our patients.

What are the rules about the makeup of a PCN?

Ideally, PCNs should consist of 30,000 to 50,000 patients, although the CCG will make exceptions if this is sensible. They should ideally consist of like-minded practices that have chosen to work together. They should be sensible in terms of geography (single area when plotted on a map), although a geographical area could sit within more than 1 PCN. They should ideally fit within existing community and social services teams.

Which PCN did The Valleys Medical Partnership join?

Our practice has decided to work with Killamarsh Medical Practice, Barlborough Medical Practice and The Springs Medical Partnership (Clowne) to form a PCN called North East Derbyshire Primary Care Network. The total population of our PCN is approximately 40,000.

Why aren't we in the same PCN as the other practices in Dronfield?

The 3 other Dronfield practices preferred to form a PCN including all Chesterfield practices. We were not prepared to do this as we felt this would result in a loss of control over the services provided to our patients. We also felt it would be difficult working across multiple community and social services teams.

Why aren't we in the same PCN as the other practice in Eckington?

The other Eckington practice made their own decision about PCN membership and preferred not to be part of our PCN.

Will this adversely affect our patients registered at Gosforth Valley?

No. Many of the services funded through the PCN can be delivered equally effectively for all of our patients, no matter where they live. Where services need to be provided at a physical location in the local community, our PCN has already committed to ensuring we provide services equitably in Dronfield. This will mean working with our neighbouring PCN with a view to ensuring our patients have access to the same services as patients registered with the other 3 Dronfield practices.

Which services will be funded through the PCN?

Extended Hours and Extended Access – These services are currently being funded directly to the practice, but funding will move to the PCN at some point in the future. It is likely that there will be some changes to how the service is provided and we will need to ensure we work with the other Dronfield practices to ensure we provide an equitable service in Dronfield.

Clinical Pharmacist – We already employ our own Pharmacist and this will remain unchanged. However, the PCN will be funded for an additional Pharmacist to work across the 4 practices in our PCN. We will use this as an opportunity to expand on the services already provided and to develop new services. We hope to employ the Clinical Pharmacist during the 2019.

Social Prescriber – This is a new role and will be funded within the PCN during 2019. We are still working to define this role and will release more information as soon as we can.

Future years – It is anticipated that PCNs will receive funding for Physiotherapists, Physician Associates and Paramedics within the following 2 years.

What are Patient Participation Groups?



Get involved!

Did you know that every GP practice in England must have a Patient Participation Group (PPG)?

PPGs are groups of active volunteer patients working in partnership with practice staff and GPs. This unique partnership between patients and their practices is essential to achieving high quality and responsive care.

Groups meet face to face with practice staff at mutually agreed intervals. 'Virtual PPGs' can operate alongside 'real' groups to enable dialogue with the whole patient population through email, online surveys and social media.

The first PPG was started in 1972 by GPs and there are some PPGs in dental practices and pharmacies.

PPGs work in a unique partnership with their practice built on mutual trust and respect to:

- Act as 'critical friend' to provide a patients' perspective ensuring services, plans and activities respond to patients' needs and priorities.
- Foster communication with the wider patient population building stronger patient - doctor relationships
- Provide practical support to practice teams e.g. conducting and analysing patient surveys, organising health awareness events.
- Encourage those with long term and/ or multiple health conditions to gain confidence in managing and taking control of their health and care.
- Help other patients take more responsibility for their health and make informed decisions

The National Association for Patient Participation (N.A.P.P) is uniquely placed as the only UK wide umbrella body for patient-led groups in general practice. A registered charity, N.A.P.P has over 40 years' experience of promoting and supporting PPGs. Go to www.napp.org.uk to find out more or ask at your local practice about joining their group.

Find out what PPGs could do for you...or better still....**get involved!**

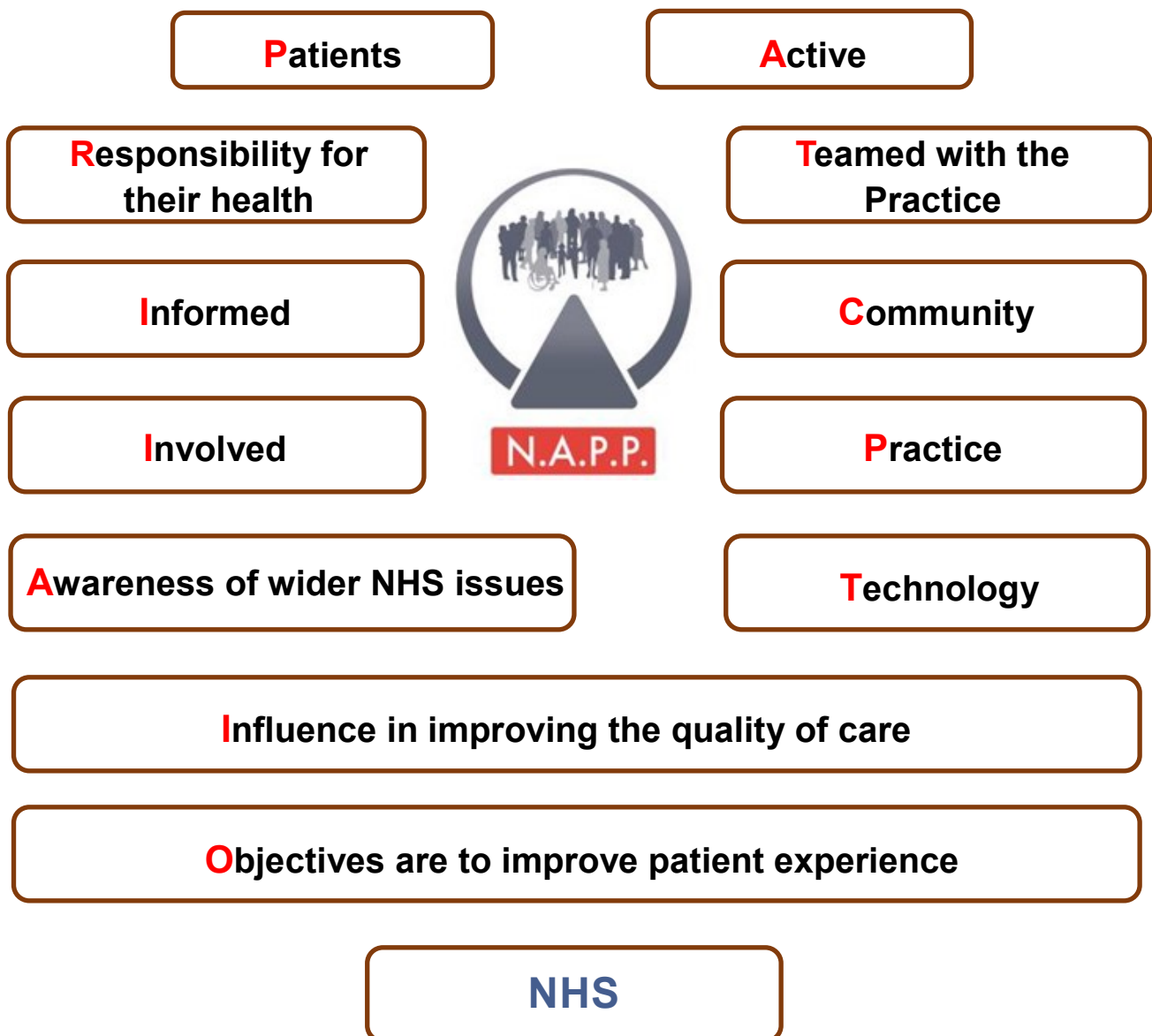
If you would like to know more about our PPG or if you are interested in joining our group, please contact Glyn Jones, PPG Chairman at :

glynandwendy@btopenworld.com.

You can also register your interest with our reception team.

What PPGs do and what **Patient Participation** is...

Patients Actively taking **Responsibility** for their health. They work as a **Team** with their practice to ensure that patients are **Informed** about health matters which affect the **Community**. They are **Involved** with the **Practice**. They raise **Awareness** of wider issues in the NHS, including use of **Technology**. PPGs can **Influence** the quality of care in the practice and local community. **Objectives** are to improve the patient experience in primary care in the **NHS**



LATE NIGHT PHARMACIES

Below is a table of late night pharmacies available in the area:

PHARMACY	ADDRESS	CONTACT	OPENING HOURS
Dronfield Pharmacy	Online Studio 5 Mill Lane Dronfield S18 2XL	01246 498988 dronfieldpharmacy @gmail.com	Mon - Fri 10:00 - 21:00 Sat 10:00 - 14:00
Tesco Pharmacy	Abbeydale Drive Sheffield S7 2QB	0345 677 9621	Mon - Fri 07:00 - 22:30 Sat 07:00 - 22:00 Sun 10:00 - 16:00
Sainsburys Pharmacy	Lloyds Archer Road Sheffield S8 0TD	01142 351449	Mon - Fri 07:00 - 23:00 Sat 06:30 - 22:00 Sun 10:00 - 16:00
Tesco Pharmacy	Lockoford Lane Chesterfield S41 7JB	0121 519 8054	Mon 08:00 - 22:30 Tues - Fri 06:30 - 22:30 Sat 06:30 - 22:00 Sun 10:00 - 16:00
Killamarsh Pharmacy	209a Sheffield Road Killamarsh Sheffield S21 1DX	0114 2474664	Mon - Sat 07:00 - 22:00 Sun 07:00 - 17:00
Boots Heeley Retail Park	Heeley Retail Park Sheffield S8 0AG	0114 2582642	Mon - Fri 08:00 - Midnight Sat 08:00 - 22:00 Sun 10:00 - 16:00