



SADDLEWORTH PATIENT PARTICIPATION GROUP

Mission statement: To represent the views of patients and to ensure that health services are delivered to meet their needs

Welcome to our latest newsletter

Practice News

Welcome.....

....to Dr Nicholas Milne. We are delighted to welcome Dr Milne to the team.

Dr Milne qualified as a GP in 2004 at Leeds University. He is working for the Practice full-time and will hold surgeries Tuesday to Friday.

Don't forget.....

to attend one of our drop-in flu sessions to have your free annual flu vaccination if you are at risk of flu.

The drop in sessions are available to adults over 18 and start in September at both Uppermill and Delph. Please contact the surgery for details of dates and times. For vaccinations for under-18s please make an appointment at the surgery.

An Update on Your PPG.....

The Saddleworth PPG is one of the longest-established Patient Participation Groups in the Oldham area. Throughout its 11 years plus existence, it has always looked upon one of its main tasks as to communicate with patients, to inform them of changes in working practices and the likely impact on them as patients. Communication will remain a priority for the group; it is one task which can always be improved.

At the recent AGM of the PPG tribute was paid to the continued work of the PPG sub-group which provides for those with memory loss. The sub-group meet twice-monthly at a Catholic Church room in High Street, Uppermill. Further details of the group can be obtained from Dr Eamon O'Daly on 01457 810614. There is also a timetable of forthcoming events in this newsletter.

Closely-aligned to the memory loss work is the dedication shown by PPG member, Joyce Brown who has arranged talks about dementia for groups of Saddleworth residents. In health, dementia is one of most topical subjects of the day and one which unfortunately is likely to intensify rather than diminish. In June, a presentation was given to the members of the P.P.G. which aimed to illustrate the impact dementia can have on friends and families. Those who attended are now deemed to be a 'dementia friends'.

Late last year 2 members of the PPG were interviewed by the Care Quality Commission (CQC) who were preparing a report on the practice. The CQC gave the practice a 'good' rating which is only one from the top of the marking system. A very positive comment made by the CQC was the work of PPG member Sue Palfrey who has liaised-closely with Saddleworth School and challenged pupils to think of their well-being and how life-style affects health.

Electronic Prescription Service (EPS)

Don't forget that the Practice is now offering the new EPS service which allows the Practice to send your prescriptions directly to your chosen pharmacy.

If you normally collect repeat prescriptions from the same pharmacy you could benefit from this service. You do not need a computer to use EPS and you can use the service as long as your chosen pharmacy offers the service. It means that you can have a paper-free prescription.

You will need to nominate the pharmacy from which you would like to pick up your prescription medicines or appliances in the future. This nomination can be changed at any time, you just need to let the Practice or your chosen pharmacy know.

In 2015 the Practice opened a much-improved second surgery at Delph which had been modernised to a high standard. PPG member Rod Lawton has agreed to work with the Practice to examine how the use of the Delph premises might be expanded.

At the PPG's AGM a further issue identified was the need to ensure, as far as possible, that we all, as patients, are asking for an appointment with the right Health Service professional. Is a fully-trained doctor needed every time? The Practice now has a clinical pharmacist who can prescribe and may even be available to see patients on the day for MINOR ailments. Like all Practices nationally, Saddleworth is overloaded. The Practice has over 14,000 patients and we all responsibility both to look after our own health and to ask to see a health professional at the right level when necessary.

The appointment to the P.P.G of Christine Wilson the Community Development Officer as an ex-officio member of the P.P.G. should be seen as highly significant. The purpose of her involvement is to ensure as far as possible that health, as an issue, is integrated into all aspects of society. Health must not be seen in isolation. Christine has written more about her role later in the Newsletter.

The P.P.G. plans to continue to have representation on the local Health and Wellbeing Board which is chaired by PPG member David Makin.

Each year the P.P.G. looks at what should be provided for a healthy lifestyle but which is not available. This year PPG member, Alice Rea, is looking at provision for babies in the area which could assist new mothers, fathers and other family members when parenting their children.

Through PPG member, Caroline Wallis, we are continuing to look at anonymised reports from patients under the *Friends and Family* system. As a group we then look together at the reports at each meeting. They help us, as a PPG, to examine what might be done to improve the services provided by the Practice.

We shall continue to publish newsletters periodically which are supplemented by the news sheets when an issue becomes sufficiently urgent to warrant a sheet between newsletters.

Saddleworth Carers' Group

The Saddleworth Carers' Group is a social group aiming to provide information, and fun, for those with memory problems and their carers. Meetings are from 10.00am until 12.00 noon on the second and fourth Friday of each month at the Sacred Heart Church, Uppermill. Forthcoming events are listed below.

For more information, please contact Eamon O'Daly on 01457 810614 or Kath Edwards (Secretary) on 01484 845350.

Dates for your diary (subject to change)

Friday 8th September - out-ing. Please ring for confirmation of pick up time and place.

Friday 8th December - Christmas party

Saddleworth PPG welcomes Christine Wilson, Your Community Development Officer for Saddleworth and Lees District

Christine Wilson, Community Development Officer for the Saddleworth and Lees District is a new member of our PPG. Christine has worked in the district for over 5 years and is based in the Saddleworth and Lees District Team at Uppermill Library first floor offices.

The District Team is on your doorstep to help you with local issues, keeping your streets clean and green and building stronger communities. The team works alongside your ward and parish councillors and partners organisations to develop district priorities.

Christine's role is to help community/voluntary groups to develop, thrive and grow, and to support district community events. A large part of her role is working with partner organisations and local services to develop health and well-being priorities for the district. This includes supporting well-being initiatives such as Mental Health awareness, Dementia Friendly Communities and Get Oldham Growing. Christine is also involved in helping to tackle issues around social isolation and loneliness. Christine, as a new member of the PPG, will bring her experience, knowledge and support to the PPG and assist in reporting back to the District's Health and Well-being Sub Group.

Christine knows a great deal about events in Saddleworth, and has already done a great deal of work with 'Men in Sheds' whereby men, with skills, have been able not only to occupy themselves after retirement but have produced work which has been provided for the benefit of the people of Saddleworth. The 'Men in Sheds' project has undoubtedly improved the health and well-being of its participants.

Men in sheds is an example of the many facilities around in the area which can contribute to a healthy lifestyle. PPG member, Rod Lawton, in addition to looking at the Delph facility is looking at what facilities are available in the area. He will be working closely with Christine.

Christine said 'It is an absolute pleasure to work in the District and be part of an amazing team and in such a beautiful environment, I love my job and no one day is ever the same. I am looking forward to working with the PPG and help make a difference!'



Youth Page



It is fun in the sun, but you need to be safe!

Oldham boasts some beautiful scenery with large expanses of open water, rivers and canals, but there are dangers if you are not fully aware of your surroundings. In hot weather, water is very tempting, but swimming in a reservoirs etc. is anything but. It's good to be outside to play or to relax in the sun but make sure you protect yourself from sunburn and heat stroke.

Tips to keep you safe:

- ♦ Firstly...always let someone you're going – take your mobile phone
- ♦ Be aware of your surroundings and take notice of any warning signs when out and about
- ♦ When running or walking next to open water, stay well clear of bank edges. They are often unstable and this can create slips, trips and falls
- ♦ Wear a sun hat—preferably with a wide brim and wear sun glasses with a UV protection
- ♦ Make sure you apply sun-cream; apply before you go out in the sun and reapply regularly
- ♦ avoid direct sun exposure where possible between 11am and 3pm when the sun is at its highest

For more information, please visit the Safe4Summer website: www.safe4summer.com



Answer these questions:

Could you help make decisions that affect young people?

Do you want to make a difference in your community?

Are you aged between 11 and 18?

Can you spare a little time each month?

If the answer is yes why not become a

Parish Youth Councillor?

Email Sue.Palfrey@oldham.gov.uk for more details

FACET is a support group for families with children on the Autistic Spectrum.

We meet Tuesdays from 4.00pm-6.00pm at The Satellite Centre (term time) to share advice, support, challenges and successes.

Pop in and check us out!

Contact us on 07940239494 or email facetfamilies@gmail.com



YOLO provides fab sessions for young people; they can dance, cook, game, and do much more in a great venue run by great volunteers!

8-12 years are welcome to attend the junior session **5.30-7.30pm Monday evenings**

Wednesdays afternoons are open to Saddleworth pupils and

11-18 years can attend the Senior session is **6.30 – 9.00pm Fridays**

Saturday mornings they open for the Community Café 10.00am-1.00pm



The first Young Medic course was held in June at the Satellite Centre

All participants passed!!!

The next course will be arranged for October, if you are interested and aged between 8 and 14 please call in to one of the Yolo sessions and book a place.