



**Billericay Medical Practice
Patient Participation Group
Winter 2022**



News from the Practice

Three Saturday morning flu sessions were held and over 2000 patients seen but over 60 patients did not turn up which cost the practice money as they must pay for the vaccinations.

Dr. Ramalingam left earlier this year and Dr. Sofoluwe will be retiring shortly. We thank them both for their services and hope they will be replaced soon.

You can now book a face to face appointment on line again, some of which can be up to a week in advance. About 90% of appointments are now face to face.

The Saturday extended hours has now stopped and the funding moved to the Primary Care Network. This service will now be run by BB HealthCare Solutions on behalf of all GP practices in Billericay. The Saturday surgery will be at the New Surgery opposite in Stock Rd.

DAA Dementia Action Alliance **The Practice is a member of the Dementia Action Alliance scheme** and is reviewing its action plan, both the physical environment and making sure that all staff receive the necessary training.

The Primary Care Network is made up of representatives of all the Billericay surgeries and meets regularly.

They have recently recruited a Social Prescriber and a Care Co-ordinator who will help with patients' problems such as housing, loneliness, carers etc. This takes the burden off the doctors. There are also two pharmacists who are reviewing patients' medication.

So What is Happening in and around Billericay?

Quite a lot! Have you heard of -----?

Tec Mates This is a free help scheme held at the Billericay Library for anyone who has problems with their laptop, iPad, mobile phone etc. Just phone 01268 294124 to book an appointment.

Human Kind A pop in for tea, coffee and cakes in the Reading Rooms every Wednesday between 10 and 12 for a chat, to play various games and sometimes to knit or crochet!

It's free, no need to book, just turn up and enjoy yourself.

United in Kind This is part of the **Essex Well Being Service** to help reduce loneliness. Ali Massey is the person to contact if you need help or want to know what is going on Tel 07458 300899 or ali.massey@essex.org.uk

Hanners Club For anyone with dementia and their family. Held at Hanningfield Reservoir Visitor Centre, Hawkswood Road, Downham CM11 1WT the first Thursday of every month from 2 to 4 p.m.

There will be activities including crafts, wellness walks, running (if you are up to it!) and free tea and cakes. So what's not to like!

A Carers' Peer Support Group held on the last Monday of each month at 2p.m. at the Billericay Medical Health Centre where you can come and talk with other carers about the problems you are facing and perhaps get ideas as to how to deal with them. Again free tea and coffee is provided but please book yourself in at jenny.goodson@carersfirst.org.uk

Please note the meeting in December will be on 19th December!

Look out for **Cosy Places** on Thursdays from 10am-2pm at Billericay Library starting on 8th December. Another chance to meet up with people, get out of the house and save on electricity and have yet more tea and coffee and perhaps get advice on saving energy and the cost of living.

You will have noticed how the car park at the surgery floods when we get rain. The car park is the responsibility of Basildon Hospital. We have drawn this problem to the attention of one of our patients who is the Lead Lay Governor at Basildon Hospital in the hope that he can get things moving to deal with it. Fingers crossed!

**We wish everyone, staff and patients,
A Happy and Peaceful Christmas and hope that with the New Year
the Patients' group can return to helping the practice in the surgery.
And even perhaps start our talks again!**

