

GPs support Park Run

Dr.



Dr. Cockcroft and a few NHS colleagues together with the Billericay Park Run Organiser before running/jogging/walking the 5 km course at Lake Meadows Park on Saturday 12 January.

Our local **NHS Clinical Commissioning Group, and the Royal College of General Practitioners** have been supporting participation in Park Runs recognising benefits to health and wellbeing such a widespread national event can offer many individuals. Billericay is fortunate to host one of the weekly Park Run 5 kilometre events, which you can walk, jog, or run in. These have been increasing in number across the country in cities, towns and villages all taking place at 9.00am on a Saturday morning, and organised by a team of local Park Run volunteers. Accurate 5km finish times can be provided at each Park Run, a simple Bar code for each participant is downloaded from Park Run website at parkrun.org.uk,



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Billericay Medical Practice

Patient Participation Group Newsletter

Edition 31 Winter 2019

Patient Participation Group Talk

Tuesday 26 February 2019 7pm

at Billericay Medical Practice, Stock Road Billericay

Pippa Branch, a patient at the Practice will deliver a talk entitled:

“Our Retinoblastoma (children’s eye cancer)
journey so far...”



This will be about the experiences of Pippa’s daughter experiencing Unilateral Retinoblastoma from initial concerns, through diagnosis (at age 21 months), chemotherapy and beyond. Please contact the PPG to book places as space is always limited at the Practice: Please use the reply slips on PPG table in the Waiting Room to hand into the Practice Manager at Reception desk, or telephone the PPG by 19 February - on 01277 651968 to book onto the Talk.

Patient Participation Group Activity Reports: Self Care Week, Christmas meeting - Loneliness and Social Isolation Event

NHS Self Care Week 2018

Once again our Patient Participation Group (PPG) supported the NHS "Self Care Week" in mid November last year. During the week a rota of PPG members staffed the table in the Practice Waiting Room, handing out NHS leaflets and information on looking after your own health and recognising when to access NHS patient diagnosis and treatment.



The PPG "Team" at the 2018 Christmas Open Meeting, Terry Rothery, Jackie Malbon, Marion Wilson, Margaret Dunn, and Maureen Dann.

Christmas Open Meeting December 13th 2018

The committee of our Patient Participation Group (PPG) organised it's usual Christmas Open meeting for all our patients on December 13th. This year the theme was **Loneliness**, a subject becoming increasingly important as we all live longer, possibly on our own as we have lost our partner and because our extended family has become just that; living miles away from us.

Why is this important? Well it has been found by the National Campaign to End Loneliness that Loneliness and Social Isolation can cause: dementia, cardiovascular disease, depression, is as bad as smoking 15 cigarettes a day, is worse than obesity for overall health, increases your risk of death by 29%. At our December event patients were able to talk to various Befriending, Bereavement and other groups we had invited along about services and support available. The groups attending managed to help some lonely people, gained new volunteers, and said they found it useful to talk with others working in this field. Everyone was welcomed by free tea and coffee, mince pies, Panettone, and Christmas cake.

Christmas Open meeting report continued...

Our thanks to Basildon, Billericay and Wickford CVS, Waitrose, and M&S for sponsoring the event with funding and refreshments. So what else can we do? The Campaign to End Loneliness has ideas we can all put to use. Go to www.beMoreUs.org.uk and check out 10 ways to combat loneliness. Or just check on your elderly neighbour to make sure they are OK

Previous Talk Report - One Response service St Luke's Hospice

In October we hosted a Talk by Tina Bannister Church from St Luke's Hospice about One Response, a support, assessment and advice service to support end of life care for individuals and families in South West Essex. This Talk was well attended. A full report will be placed on the Patient Group section of the Practice website. You can contact One Response day or night on any day in the year on 01268 526259.

Practice Report for the Patient Participation Group, January 2019 -

Report from Peter Tyrrell (Practice Manager)

Staffing

There are now three salaried Doctors working at our GP Practice. Two of these, Dr Ramalingam and Dr Goswami, both male, have started working recently. Dr Goswami works Tuesdays to Fridays, and Dr Ramalingam is working on Mondays and Tuesdays. Dr Abbot, the other salaried GP will be returning from maternity leave in February. One of our current GP Registrars Dr Gvazava has passed her final GP exam, and after completing her in-house training in April this year, she will be able to work as an independent GP.

Dr Buhari will be reducing his commitment to the Practice from June 2019 and will no longer be working at the surgery on a Wednesday. As his availability will be greatly reduced patients with dermatology issues should see any GP as all of the Drs. at the Practice are qualified in general skin conditions and will refer the patient to secondary care if their condition requires further assessment.

Practice Car Parking Due to the establishing of a new team from Basildon Hospital at the St Andrews Centre next to our Practice building, up to a dozen car parking places may be used for this team on a day to day basis. This means that there may be more pressure on parking at the Practice, and if driving you should allow time to maybe queue for a parking space.