



Cherrymead Chat



Spring 2017

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Stan Grierson - Our PRG Chairman



**Stan Grierson
1939 - 2016**



It is with great sadness that we are informing you of the loss of our first PRG Chairman, Stan Grierson. Stan was a Vulcan pilot and had an ongoing interest in flying. He was a keen skier, walker and hill climber. He eventually went into business locally. Many of you will remember The Glass Mountain on Treadaway Hill, an Aladdin's cave of beautiful crockery and glass. He was also chairman, for many years, of Sharesoc, the UK Individual Shareholders Society.

We were fortunate when he agreed to join our Patient Reference Group nearly twelve years ago, and became its first Chair. He guided us through our Meeting Agenda. He allowed all members to speak as long as they needed, but moved us seamlessly through the items. He also managed to finish meetings on time without once looking at a clock.

Stan's questions were always to the point. He drew on his knowledge of business to make sure that the complexities of NHS contracts were made clear to everyone present. He was very keen for us to use plain English, at meetings, in our newsletter and on the Practice website. He was not afraid to point out gobbledegook and jargon when he saw it. He was highly knowledgeable about local community affairs and always knew whom we could contact for advice about any issue.

The PRG went into hibernation for a short period while changes were taking place at the Surgery. Stan's view was that the PRG was there to support Cherrymead Surgery in delivering patients services. Even while not in post, he continued to advise, question, and encourage us to make improvements and to innovate. In due course, he volunteered to help us with Practice Manager recruitment, lending his knowledge of business, law, and man management to us with great success.

Stan continued to remind us that we needed to get the PRG running again. We were delighted when he agreed to return as Chairman. He worked tirelessly on behalf of the Surgery and in promoting the PRG. When he had to step down for personal reasons, he astutely recommended his successor, Chris Ransted, and Les Taylor as Secretary. Stan continued to attend meetings for some time, eventually retiring due to illness.

In appreciation of Stan's contribution to patient services we have decided to call the office area upstairs "The Stan Grierson Suite".

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Easter Opening

Cherrymead Surgery will be closed from 6:30pm on Thursday 13th April. We will re-open as usual on Tuesday 18th April

| | |
|------------------|---------------|
| Mon 10th April | 08:00 – 18.30 |
| Tues 11th April | 08:00 – 18.30 |
| Weds 12th April | 08.00 – 18.30 |
| Thurs 13th April | 08:00 - 18:30 |

| | |
|-----------------------|---------------|
| Fri 14th April | CLOSED |
| Sat 15th April | CLOSED |
| Sun 16th April | CLOSED |
| Mon 17th April | CLOSED |

| | |
|------------------|---------------|
| Tues 18th April | 08:00 - 18.30 |
| Weds 19th April | 08:00 - 18.30 |
| Thurs 20th April | 08:00 - 18.30 |
| Fri 21st April | 08:00 - 18.30 |

Please will you ensure you have enough medication to last over the Easter weekend and that any routine medical issues you have are dealt with before 1pm on Thursday 13th April

Dates for your diary

Information Afternoon

Tues 16th May 2017 2pm
Carers Bucks

Meet the PRG:

Tues 6th June 2pm –4pm
Thurs 8th June 2pm—4pm



Asthma is a common lung condition that causes occasional breathing difficulties. When a person with asthma comes into contact with something that irritates their airways it causes them to become narrower and irritated. That makes it difficult to breathe. The main symptoms of asthma are:

The severity of the symptoms varies from person to person.

- Avoiding asthma triggers whenever possible. Those triggers vary from person to person.
- Short-acting reliever inhalers – These are used as needed to quickly relieve asthma symptoms for a short time. They relax the breathing tubes.
- Preventer inhalers – These are used every day to reduce soreness in the breathing tubes and stop asthma symptoms occurring.

Preventer inhalers

You should use it, even if you're feeling well, because it builds up your asthma protection over time. If you stop taking your preventer inhaler, you will not get the full benefits. Then you will be more likely to react to asthma triggers.

Keep your inhaler with you all the time. So it's on hand in an emergency.

If you need your inhaler more than three times a week, your asthma is not as well managed as it could be. You should review your treatment with your GP or asthma nurse.

All people with asthma should have an asthma action plan. It is a written plan that you develop with your doctor/nurse to help control your asthma.

You're having an asthma attack, if any of the following happens:

Your breathing is getting faster. It feels like you can't get your breath in properly. Don't be afraid of causing a fuss, even at night.

Asthma and flu

People with asthma are one of the 'at-risk' groups offered the annual flu jab every autumn to help protect against the latest strains of flu. You will receive an automatic invite to the flu clinics at Cherrymead



LIVE WELL , STAY WELL

www.livewellstaywellbucks.co.uk

STPs - revving up the NHS locally?



Until recently I thought that STP was an oil or fuel additive to give clapped-out old engines a new lease of life. I now know that it has an entirely different meaning in the NHS, although there are some parallels with the engine treatments.

The “problem” facing the NHS is that we have a growing and ageing population with increasingly complex needs. Many are saying we must bring health and social care services together to have any chance to sort this out. This is where STP comes in. **Sustainability and Transformation Plans (STPs)** mean bringing NHS bodies together with councils and community providers. They are producing five-year plans to improve care. They must find the very ambitious savings required to provide care in a way that is sustainable in the long term.

The background is the government pledge of an extra £8bn a year for the NHS by the end of this parliament (2020). That is as demanded by the NHS chief executive, Simon Stevens. He made clear that this was the minimum needed. Radical reforms to the way healthcare is delivered would also be needed to ensure the NHS stays within its budgets. Projections show a possible shortfall of about £20bn by 2020-21 if no action is taken. That prompted NHS England to ask 44 local areas to submit a cost-cutting STP for their area. The Chiltern CCG, which includes our Surgery, is part of (**BOB**), the Buckinghamshire, Oxford and Berkshire West local area. **BOB** also includes the other health providers in the area and the District and County Councils. It is facing a potential shortfall of £511m by 2020-21, if no action is taken.

In December 2016 I attended a local meeting on health services in the area, and the emerging STP for BOB. It was explained that

the STP is aimed to address three priority areas identified by NHS England. They are health and wellbeing, care and quality, and finance and efficiency. The plan must allow for a number of challenges. They include:

- The mix of healthcare providers active in the area.
- Different population characteristics and healthcare needs in the area.
- The high cost of living locally.
- The variation in access to care and the variation in spending per head across the STP area.

The plan goes on to identify seven priorities for action:

1. Shift the focus of care from treatment to prevention
2. Provide access to the highest quality Primary, Community and Urgent Care
3. Collaboration of the three acute trusts to deliver equality and efficiency
4. Maximise value and patient outcomes from specialised commissioning
5. Mental Health development to improve the overall value of care provided
6. Establish a collaborative approach to workforce between providers
7. Using IT to improve information flow and efficiency

A series of initiatives is proposed in response to these priorities. Many of these relate to back-office, workforce and IT changes. The key patient-focussed initiatives include:

- Each and every clinical contact to include brief advice, supported by face-to-face, phone and web-based behaviour change support

- Robust out of hospital services from community hubs, co-ordinated by GPs
- GPs to maintain the independence of elderly and frail patients in their own homes
- Improving access to specialised services
- Standardisation of thresholds for access to those services
- Increasing preventative services to reduce demand on those services

Further local consultation events are proposed as each of the local initiatives is developed.

The STP aims to build-upon successful and popular local initiatives. These include:

- The Live-Work-Stay Well programme, which is a prevention initiative.
- Virtual locality integrated teams to manage acute conditions outside of hospital.
- Pharmacists in GP practices to review patients’ prescription history.
- In-practice specialist dementia training.
- Co-ordinated Care Navigators to help guide people with complex and multiple conditions to the right services.

It is hoped that the STPs will develop services that reflect the needs of patients and improve outcomes. More widely, NHS England talk about using local energy and enthusiasm around place-based systems of health and care, and using the partnerships, governance and capacity to deliver...

Simply, it is hoped that STPs will help the health system in our area to run like a well-oiled machine – a bit like an engine additive!

If you would like to understand more about the STP plan, visit www.chilternccg.nhs.uk



Surviving The Streaming-Sneezing-Wheezing Season

The pollen season has started. Hazel, yew, alder and willow spread allergens starting in February. Between now and late August all those lovely trees and plants in the Chilterns will be giving people itchy watery eyes, sneezes and wheezes. Most people really suffer in June, July and August when grass pollen blows around.

If you're booking a holiday, there's less pollen at the seaside than inland. Any hay fever medication should be started now.

You can buy antihistamine eye drops, tablets, nasal antihistamines and steroids over the counter from the pharmacy. They are usually at a lower cost than on a prescription.

If you have asthma, don't stop taking your inhaled steroid. Remember that thunderstorms make pollen counts rise. So keep your reliever inhalers for asthma to hand.



Prevention is better than a cure.

- Wear wrap-around sunglasses.
- Avoid being outdoors in the early morning and evening when the pollen count is higher.
- Avoid walking through fields, and cutting grass.
- Close windows.
- Change and shower after being outside, and damp dust inside your home.
- Avoid alcohol! It contains histamines and will make matters worse.

You can keep an eye on the pollen count at the Met Office website:

<http://www.metoffice.gov.uk/health/public/pollen-forecast>

Easter Fun!



Our Telephone System

You may be aware that we have recently upgraded our telephone system. The new system gives us real time information. That helps us to monitor busy periods and missed calls. This will help shape our services for the future. We are now able to handle more incoming calls. Callers have three options to choose from:

Option 1 takes you to the Test Results line.

Option 2 takes you to our Reception team. They will be able to book you a call back from a Doctor, arrange a Nurse appointment or blood test, or handle any queries you may have regarding prescriptions. Please remember that we don't take ANY prescription requests over the telephone.

Option 3 takes you to the Medical Secretaries. They can help with questions on referrals, patient registrations, and other administrative matters.

We have also updated our website

(www.cherrymeasurgery.co.uk). You will find lots of useful information there that may save you having to contact us directly.

For more information on how you can get involved with the Patient Reference Group:

Come and meet us at one of our regular Meet The PRG sessions (next dates Tues 6th June 2pm –4pm and Thurs 8th June 2pm—4pm) or email us directly at cherrymeadprg@gmail.com.

Cherrymead Surgery Patient Reference Group

cherrymeadprg@gmail.com