



PATIENTS PARTICIPATION GROUP NEWS

FLU JABS — did you forget to get yours?

If you are eligible for a free flu jab, please contact the Surgery. There is still time

Debbie Williams is the Surgery's new General Manager. If you would like to speak to her about a problem or an idea to improve the service please use the Comment / Suggestion Box in the Surgery waiting room .

Prescriptions

Please remember these cannot be requested over the phone but must be requested in writing at least two days (48 hours) before collection from the Surgery.

Repeat prescriptions may be submitted online by those who are registered for this service. Please ask at Reception for details.

BLOOD TESTS

Want to get a blood test and not have to wait?

The Malvern Wing at Sutton Hospital is still providing a blood test service.

Access is via the Cotswold Road entrance.

Do you have a sore throat or threadworms or any of the other common ailments listed below?

Did you know that if you DO NOT PAY for your prescriptions you can get FREE medication for many of the common ailments at the local pharmacies listed below without having to book an appointment to see your GP.

Ailments include: head lice, threadworm, sore throat, hay fever, indigestion, diarrhoea, thrush, nappy rash, conjunctivitis and hemorrhoids.

The pharmacies providing the free service are: Kamsons, (next to the Surgery), H. E. Matthews, 140 Stanley Park Road, Carshalton and Mt. Elgon, (now Kamsons at 40 Green Wrythe Lane).

Dementia Action Alliance (DAA)

Those attending the PPG Meeting held on the 3 November heard an interesting talk about dementia and in particular, The Dementia Action Alliance.

All boroughs are working towards having a branch of the DAA. The idea is to get organisations, such as banks, to sign up to DAA's aim of providing a Dementia Champion in the branch who can assist confused customers. To make this happen Dementia Friends Sessions are being organised to train people to assist dementia sufferers.

Four dementia cafes are also planned for Sutton where sufferers and carers can go to relax and talk to others going through similar problems. For more details please contact, Jenny Thrower, Dementia Advisor, Alzheimer's Society, Pandora House, 41-45 Lind Road, SM1 4PP. Tel. 020 8770 1875

Sutton Integrated Digital Care Record

The Sutton Clinical Commissioning Group are instigating an Integrated Digital Care Record for use across the London Borough of Sutton. Unless patients opt out, GPs will allow some vital records they keep on their patients to be accessed by health care staff at St Helier and later on by social care professionals. Your consent will be needed before your records can be accessed.

The Integrated Digital Care Record will provide up-to-date details of current medications you may be taking, current conditions and any diagnoses or social care plans in place and allergies or adverse reactions to medications you might have to ensure that hospital staff can treat you effectively and safely.

If you have already opted out of the national Summary Care Record then you will be opted out of this new system. All other patients will have their records shared unless they opt-out.

GPs will NOT be writing to patients individually to inform them of the new Integrated Digital Care Record. Patients wanting to opt out must obtain the opt-out form from their respective surgeries.

PPG - Next Meeting:

TUESDAY 19 January 2016, 1pm.

Do come and join us for the next PPG meeting at the Surgery. The speaker will be Pat Berry, podiatrist. Pat will explain how diabetes sufferers can look after their feet and you are welcome to stay for the PPG meeting that continues afterwards.

**If you would like to receive the PPG newsletter by email,
please complete this form and hand it into Reception at the Surgery.**

Name: _____

Address: _____

Email address: _____