

Your Local Pharmacy Services

Did you know that your local Pharmacy can provide most of the following Products and Services:

- Dispensing Prescriptions
- Repeat Dispensing Prescriptions
- Health Promotion Leaflets and Activities
- Advice on Lifestyle and Health Issues
- Information on Local Health and Social Care Support
- Disposal of unwanted Medicines
- Computerised Patient Records Support
- Home Delivery Service
- Support Hosiery
- Trusses
- Ostomy Products
- Incontinence Supplies
- Holiday Medicines
- First Aid Supplies
- Medicines Review Service
- Medicines Assessment and Compliance Support
- Substance Abuse Services

PPG Meeting Cancelled

Due to a clash with a meeting for a Primary Care Engagement Forum the PPG didn't have a meeting on the 20th as it was more important to attend this PCEF meeting.

NHS Choices is no more!

Instead will now just be referred to as the NHS website. It contains information to help people manage their health and care online, and there will be more changes coming to improve services. The 'NHS Choices' logo is no longer in use. If you have questions or queries about these changes you can email: nhswebsite.servicedesk@nhs.net

FACT VS. FICTION

Eating Spicy Foods Will Give You an Ulcer

How true is the claim? Not at all. In fact, when researchers fed study participants a meal of ground jalapeños, then looked for damage to the subjects' stomach linings, they found no changes.

Why it gets repeated: Dishes with a kick can irritate an already existing ulcer, so people made that mistaken leap of logic. In truth, ulcers are usually caused by one of two culprits. The most common offender is a bacterium called *Helicobacter pylori*, which sparks an infection that leaves the stomach more susceptible to damage from its own acids. The habitual use of nonsteroidal anti-inflammatory drugs, such as ibuprofen and aspirin, can also trigger ulcers.

Bottom line: Enjoy that fiery curry or spicy chili. If the food causes discomfort, visit a doctor to see if it has exacerbated an ulcer you didn't know you had.

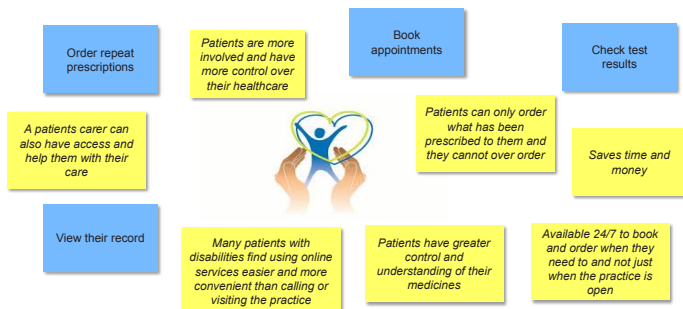


New online support for people with Type 1 Diabetes

A new NHS online resource has been launched for people with type 1 diabetes. It provides practical help on injecting insulin and checking blood glucose levels – as well as useful advice around living with the condition. View online at

<https://www.nhs.uk/conditions/type-1-diabetes/>

Why over 14 million people currently use GP Online Services



Why not join our PPG Consultative Group?

We are trying to build a Consultation Group of patients who are interested in helping the practice by giving their views on health care matters, developments to the practice etc. If you are interested in being included please give your name and email address to reception or contact us direct on ppg.richmondmc@gmail.com and we will contact you. You will also receive regular information on these and other related subjects. See this newsletter online at: www.richmondmc.co.uk on the home page.

Articles Welcome

If there is anything you would like to see in this newsletter or you want to contribute an article please contact us on the email below: ppg.richmondmc@gmail.com we will be only too pleased to print it.



Follow us on Twitter
@NHS_Richmond



Richmond Medical Centre
CQC overall rating

Good

2 February 2017

Eat Honey

Patients should treat their coughs and colds with honey and over-the-counter remedies before going to the doctor, health officials say.

New draft guidance from Public Health England (PHE) and the National Institute of Health and Care Excellence (NICE) is advising GPs not to offer antibiotics in most cases.

Instead, they must encourage patients to use self-care products.

The advice is part of a growing effort to tackle antibiotic resistance.

Acute coughs are mostly caused by a cold or flu virus, or bronchitis, and will last for around three weeks, according to the guidance.

Antibiotics make little difference to symptoms and can have side-effects - and unnecessary prescriptions reduce their effectiveness.

Patients are instead advised to try honey or cough medicines containing pelargonium, guaifenesin or dextromethorphan, which have been shown to have some benefit for cough symptoms, before contacting their doctor.

These ingredients are found in medicines sold in pharmacies, such as Beechams and Lemsip.

Antibiotics may be necessary treat coughs in patients with pre-existing conditions such as lung disease, immunosuppression or cystic fibrosis, or those at risk of further complications, the guidance states.

Dr Tessa Lewis, GP and chairwoman of the antimicrobial prescribing guidelines group, said: "If someone has a runny nose, sore throat and cough, we would expect the cough to settle over two to three weeks and antibiotics are not needed.

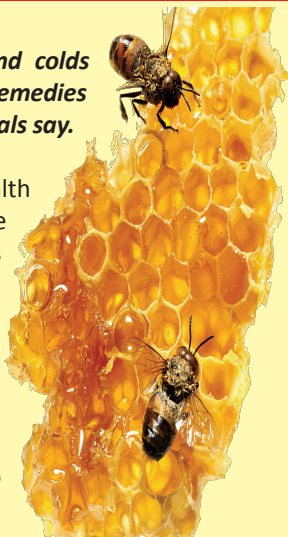
"People can check their symptoms on NHS Website or NHS Direct Wales or ask their pharmacist for advice.

"If the cough is getting worse rather than better, or the person feels very unwell or breathless, then they would need to contact their GP."

Dr Susan Hopkins, from PHE, said: "Antibiotic resistance is a huge problem and we need to take action now to reduce antibiotic use.

"Taking antibiotics when you don't need them puts you and your family at risk of developing infections which in turn cannot be easily treated.

SKY News



PRACTICE NEWS

Staff Changes:

Katie Nicholls – receptionist has left the practice at the end of September

Bibi Pemberton – new receptionist has started at the practice at the end of September.

Macmillan cake morning has been postponed but we will be doing this in the next few weeks, so watch this space.

Over the 2 weekends of the Flu Jabs we had 378 people attend who were eligible.

If you missed yours why not make an appointment and get protected.



Happenings throughout October in Solihull

Saturday 20 October - Fine and Local Food Fayre

Mell Square, High Street and Mill Lane, Solihull - 9.00am to 5.30pm
Sample the best of locally sourced food and produce from a range of top quality suppliers at this market, which is held on the third Saturday of each month. Artworks and craft items by regional artists are also available. For more information visit www.sketts.co.uk.

Sunday 21 October - Willow scrub management

Packhorse Bridge, Marsh Lane, Hampton in Arden - Times TBC
Help the Conservation Volunteers to carry out willow scrub management at Packhorse Bridge. For more information visit www.solihullcv.org.uk, or to register, either email davidcollins1@aol.com or ring Dave Fernie on 0121 459 1697.

Saturday 27 October - Halloween Fun in the Park

Shirley Park, B90 3AL 5.00pm – 8.00pm
Join the Friends of Shirley Park on a spooky trail to find the clues hidden around the park! There is a goody bag of prizes each for the boy and girl wearing the best Halloween costumes. Places on the event are limited so to book and for more information, email lovesolihull@solihull.gov.uk

Sunday 28 October - Haunting Halloween

Brueton Park, B91 3HA - 5.30pm, 5.50pm, 6.10pm, 6.30pm, 6.50pm
Take a scary walk around the park to meet Smelly Nelly the witch and her monstrous friends, enjoy spooky storytelling and mysterious magic, and finish with a creepy craft activity. Wear your most horrifying Halloween outfit for a chance to win a prize in our fancy dress competition! Pre-booking is essential - book your tickets via the Contact Centre on 0121 704 8000 - £3 per adult, £2 per child. Meet by the car park.

Tuesday 30 October - Autumn Adventure

The Parkridge Centre, Brueton Park, B91 3HW - 12.00pm to 1.00pm
Join us for a guided walk of our nature reserve as we use binoculars to spot migratory birds and autumn signs. Suitable for children aged 6+. Entrance costs £3.50 per child. For more information or book tickets email enquiries@wkw.org.uk.

Wednesday 31 October - Den Building

The Parkridge Centre, Brueton Park, B91 3HW - 10.30am to 11.30am. Would you be able to survive outside this winter? Find out as you discover how to make a survival den in the woods, to keep warm and sheltered away from the cold. Suitable for children aged 6+. Entrance costs £3.50 per child. For more information or to book tickets email enquiries@wkw.org.uk.

ATTENDANCES SEPTEMBER 2018

93%

NEXT PPG MEETING DATE

Thursday 18th November 2018 at 11.30am

Telephone: 0121 743 2159 - 0121 742 8304 Email: richmondmedical-centre@nhs.net

Email PPG: ppg.richmondmc@gmail.com Website: www.richmondmc.co.uk