

**KINGSTHORPE MEDICAL CENTRE
AUTUMN NEWSLETTER – ISSUE 4 OCT/NOV**

Appointments



Please note that appointments are for a 10 minutes and due to the demand for appointments with our GP's we can only limit each appointment to one issue. If you need to discuss more than one issue we will either ask you to rebook or if we have time we will discuss it with you. Please do not take offence if we ask you to make a further appointment

FLU VACCINES

Do you have a Chronic Disease?

Are you a Carer?

Are you Pregnant?

Have you had your Flu Vaccine yet? If not please contact Reception to arrange an appointment.

**WELCOME TO OUR NEWEST MEMBER OF STAFF
EMMA DEXTER, HEALTHCARE ASSISTANT**

Emma has joined our Nursing Team to help Karen & Shelly with the nursing needs of our patients. Emma will primarily be taking bloods but this will expand with her doing New Patient Health Checks, Blood pressure readings, weight, smoking cessation etc...

Did you know we can treat:

- Removal of foreign bodies
- Whiplash
- Sprains
- Burns
- Bruises
- Lacerations
- Head Injuries

Contact the practice between
8am & 6.30pm ON **01604
713823** or dial **111** outside of
these hours.

NENE CLINICAL COMMISSIONING GROUP

In April 2013, the NHS changed so that local doctors and other medical professionals and patients can have more influence in how and what the NHS spends its money on. Local doctors/general practitioners (GPs) have formed Clinical Commissioning Groups (CCGs) which are the local organisations responsible for spending the majority of the local health budget on services from hospitals and community nurses to operations and prescriptions.

These changes mean that decisions which affect local people will be made by local clinicians. It also means that local patients, carers and specialist groups are able to directly contribute to improving the services that affect them. Over the last year, NHS Nene Clinical Commissioning Group (Nene CCG) has been commissioning services in 'shadow' form on behalf of more than 636,000 registered patients across Daventry, Northampton, Wellingborough, Kettering, East Northamptonshire and South Northamptonshire. This means that the services that you receive following a visit to one of the 70 GP surgeries and at the two hospitals in Northamptonshire have been largely commissioned by us. We have now become a statutory body and have full responsibility for commissioning the provision of these services on your behalf. Throughout the year we have put systems and processes in place to ensure that clinicians and patients are at the heart of our decision making. Nene CCG covers a large area and we know that the towns and villages within the area are different. This is why we have divided our 70 GP surgeries into eight localities – Daventry, South Northamptonshire, Kettering, Northampton Central, Northampton South and East, Northampton West, East Northamptonshire and Wellingborough. These different health needs can only truly be met by each of our practices and localities developing strong local engagement, and working with local communities to drive improvements in quality.

We are part of the Northamptonshire Health and Wellbeing Board, who have the responsibility of ensuring that the commissioning plans of CCGs, social care and public health reflect the priorities, objectives and actions set out in its Health and Wellbeing Strategy, promoting joint commissioning wherever it is sensible to do so.

Patient Participation



Group

Our PPG's book stall is going well and we are on target to purchase a noticeboard for outside the practice by the path.

If you would like to join the PPG please fill out one of their enquiry forms at the front desk. The PPG is the patient's voice for the practice and also at Nene Clinical Commissioning Group.



Look after someone? Who looks after you?



If you look after a loved one, a friend or neighbour on a regular basis you'll know all about the ups and downs of caring. Guilt, resentment, stress and loneliness are just some of the common feelings that can come with caring.

How do I know if I am a carer?

You are a carer if you give regular and substantial care and support to a relative or friend that enables them to continue to live in their own home. The person you care for can be of any age. You may or may not share a home with them.

Informing Your GP

It is important that you inform us, as a Practice. This will give your GP a greater understanding of your situation and understanding of your needs. Also as a Carer you can receive the Annual Flu Vaccination.

We can also advise you on sorting out benefits and getting respite care from the local authority, issues which you needn't be afraid to ask about.

What to do next?

If you wish to be registered on our Carers Register please complete a form, available from Reception.

Useful Contact Details:

Northamptonshire Carers Centre 01933 677907

carers@northamptonshire-carers.org

Carers UK 0808 808 7777

The Princess Royal Trust for Young Carers

0844 800 4361

Alzheimers Society, Northamptonshire

0800 389 2077

Carers Direct

0808 802 0202

Headway

0808 800 2244

helpline@headway.org.uk

Parkinsons Society

0800 800 0303

