



# Greenway Patient Participation Group Newsletter 2019



## PATIENT GROUP WHO?

**We are Patients, just like you!**

**Our purpose is to provide a link between you and Greenway Community Practice.**

### WHAT WE DO:

- Ask for your feedback, listen to you and share your views with the Practice
- Meet regularly with Practice Staff to support the continuing development of our Practice
- Highlight wider NHS issues to help protect services
- Promote self help & Self Care
- Provide a small grants scheme
- Develop other schemes within the Practice

### WHAT WE DID:

- Had a display for patient participation Awareness week. We combined this with celebrating the 70th Birthday of the NHS!
- Created a Macular Degeneration Awareness display
- We launched our small Community Grant Fund and awarded 4 different grants!
- During self care week, we had a display in reception with free fruit for patients donated from Tesco!
- Provided an information stall at the annual flu day
- Provided a self care stall in the waiting room along with an information folder for patients to look and learn about self care.

## YOU CAN HAVE YOUR SAY!

Contact us via email at: [chairgreenwayppg@yahoo.com](mailto:chairgreenwayppg@yahoo.com) OR leave your questions/suggestions/comments in our box near reception!



## Volunteer Driver Scheme

**Would you be willing to bring patients to the surgery and take them home again?**

If the answer is YES or would like more information:

- Take a leaflet about RSVP
- Leave your contact details with Reception!

**VOLUNTARY DRIVERS NEEDED**

DO YOU LIKE DRIVING?  
DO YOU LIKE HELPING PEOPLE?  
DO YOU HAVE ANY SPARE TIME?

## Self Care

**Self-Care is what people can do for themselves to establish and maintain health with the goal of preventing and dealing with minor illness’.**

### Self-Care Includes

- Eating Well - the type and quality of food we eat
- Living Well - taking part in physical , sporting and leisure activities
- Self help with guidance from your pharmacist

**To find out more about local activities that you can get involved in collect a leaflet from reception (in our self care folder) or from the Greenway Centre!**

### Can I Self-Care?

Three questions patients can ask themselves before seeing a GP:

1. Can I self-care?
2. Can I use NHS Choices or similar reputable resources?
3. Can I seek advice/treatment from a pharmacist?

## Your Friendly Pharmacy

**Pharmacists can help in Self-Care advice and Self Medication for minor illness’!**

### Your Local Pharmacy:

- Provide advice on treating common illnesses and on health matters
- Stock a wide range of medicines and can recommend one that will suit your needs
- Let you know if you can buy your prescription medicine more cheaply over the counter.



### Community Pharmacist at Greenway!

Did you know there is a community pharmacist based here at Greenway? Derrick is here to advise patients on any medication queries. He can also help you with any minor ailments , talk to you about your recent blood test results and help with drug shortages/supply issues by liaising with local pharmacies. If you would like to book a telephone consultation with him speak to reception.

### WE WANT YOU!

We always welcome new members! The PPG meet 3-4 times a year and communicate via email or telephone the rest of the time. We all have different strengths and can give time in various degrees. If you would like to find out more, contact us either via email at: **[chairgreenwayppg@yahoo.com](mailto:chairgreenwayppg@yahoo.com)** or **leave your contact number at reception.**



**We look forward to hearing from you!**