

Marden Medical Centre Patient Participation Group



News Update

Marden Medical Centre News:

For the latest Marden Medical Centre updates please refer to the Surgery website:

<https://www.mardenmedicalcentre.nhs.uk/>



Spring 2023 Covid-19 Booster Campaign

People aged 75 years and older, residents in care homes for older people, and those aged 5 years and over with a weakened immune system will be offered a booster of coronavirus (COVID-19) vaccine this Spring.

The Surgery are planning an initial Saturday Clinic on Saturday 22nd April 2023. There will be additional clinics planned for May and June (if required).

Eligible patients will be contacted by the Surgery by text to book online if the Surgery has a mobile number for you (or called by landline if the Surgery has no mobile number for you). Alternatively you can book via the National Booking Site or call 119. For more information:

<https://www.gov.uk/government/publications/covid-19-vaccination-spring-booster-resources/a-guide-to-the-covid-19-spring-booster-2023>

HRT Prescriptions

Patients can now get cheaper HRT through the new HRT Prescription Prepayment Certificate (PPC).

This could save you money if you pay for more than two HRT prescriptions within 12 months.

Here's how you can apply: <http://www.nhsbsa.nhs.uk/hrt-ppc>

SAVE MONEY ON YOUR HRT PRESCRIPTIONS WITH A HRT PREPAYMENT CERTIFICATE

BEFORE YOU GET IT, CHECK:

- > That your HRT medicine is eligible.
- > That you're not already eligible for free NHS prescriptions or other help with health costs.
- > Whether the 3 or 12 month general PPC might be more cost effective.

USING IT:

- > Get it online, or in person at some pharmacies, just before your next prescription.
- > Ask for your HRT items on separate prescriptions.
- > Take your prescription and HRT PPC to a pharmacy and use it as many times as you need over 12 months.

WOMEN'S HEALTH

Patient Communications - What to Expect from your Hospital Appointment



WHAT TO EXPECT FROM YOUR HOSPITAL APPOINTMENT

(telephone, on-line or face-to-face)



Tests and Investigations

The specialist will order all of the tests you need and will communicate the results to you. If you have not heard about your results please contact their secretary at the hospital.



Prescriptions

If the specialist prescribes a new drug or changes one they will provide the first prescription. You might need to collect it from the hospital pharmacy.



Sick or Fit Note (Med3)

If you need to be certified as unfit for work as a result of treatment provided, the specialist should issue a sick note when you leave the hospital. Please ask if you need one.

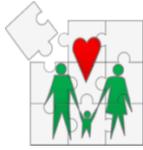


Follow Up Appointments/Onward Referrals

If you need a follow up appointment or an onward referral to another specialist the hospital will provide it. Please ask the specialists' secretary if it does not arrive in a timely way.

In summary, the specialists are responsible for:

- Looking after your test results
- Providing a prescription when needed
- Issuing a sick note if required
- Providing you with a follow up or onward referral appointment if necessary

Other News:**The next PPG Meeting & AGM – 27th June 2023 – Marden Vestry Hall**

The next PPG Meeting and AGM will be held **on Tuesday 27th June from 1900-2030 at the Marden Vestry Hall** (note the meeting date change). The agenda will include a presentation from the Weald PCN (Primary Care Network) part of the WKHCP (West Kent Health Care Partnership). We will also be celebrating Dr Neil Potter's retirement with some refreshments. All patients are welcome.

How can Patients help the NHS?

(The following guidance was prepared using AI technology via Microsoft Bing Chat in answer to the question - How patients can help the NHS, in these challenging times).

Follow the public health advice to protect yourself and others from COVID-19 and other infections. This includes getting vaccinated, wearing a face covering, washing your hands, and self-isolating if you have symptoms or test positive.

Use the right service for your needs. If you need medical help, check the NHS website or use the NHS 111 online service to find out the best option for you. This could be a pharmacy, a GP, an urgent treatment centre, or an A&E department. Only call 999 or go to A&E if it is a life-threatening emergency.

Be patient and respectful to NHS staff and other patients. The NHS is under a lot of pressure and may not be able to see you as quickly as usual. Please be understanding and polite when you contact or visit NHS services. Do not abuse or harass NHS staff or other patients, as this is unacceptable and may result in legal action.

Give feedback and get involved. You can share your views and experiences of NHS services by filling in surveys, leaving reviews, or **joining patient groups**. You can also get involved in shaping and improving NHS services by volunteering, fundraising, or taking part in research.

Look after your own health and wellbeing. You can prevent or manage many health conditions by making healthy lifestyle choices, such as eating well, exercising regularly, quitting smoking, and reducing alcohol intake. You can also improve your mental health and wellbeing by seeking support if you need it, staying connected with others, and doing things that make you happy.

British Heart Foundation – Learn CPR in 15 minutes online.

Many of us will witness cardiac arrest in our lifetime. Best practice guidance post Covid has changed. Learn how to perform CPR in 15 minutes online for free.

See <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/learn-cpr-in-15-minutes>

National Dementia Awareness Week 15-21 May 2023

'Dementia Action Week is an awareness raising campaign. Each year, the Alzheimer's Society collaborates with individuals and organisations across the UK to encourage people to 'act on dementia'. Increasing diagnosis rates is such an important issue that the Society are focusing on it again this year. Following a sustained drop in dementia diagnosis rates for the first time ever, the Society undertook research to understand the key barriers and benefits to getting a diagnosis.

As well as the misconception around memory loss just being part of getting old, the Society's research found being in denial, and referral times to specialists, are big barriers for those experiencing symptoms to seek a diagnosis. Getting a diagnosis can be daunting, but the Alzheimer's Society believe it is better to know. And so do 91% of people affected by dementia.' Source – the Alzheimer's Society

For more information: <https://www.alzheimers.org.uk/>

The Marden Dementia group will be holding a music event on **Saturday 20th May at The Village Club.**