

Newsletter



NWL GP Federation
Working together for our patients

January 2024

Patient Participation Group (PPG)

North West Leicestershire has a squad of superhero Patient Participation Group members, who link up with GP practices to involve patients with relevant issues and to respond appropriately to patients views and experiences. (However is is not the channel for individual complaints)

They join forces for regular get-togethers - where they brainstorm, chat, share ideas, and act as the patient's voice to the Surgery, relevant ICB and Hospital Trusts
Check if your practice has a Patient Participation group, if it has – join – make a difference

If not - **make one happen!** Chairs of PPG's in surgeries in North West Leicestershire are here to support you.

For further information please contact

Mrs Pauline Johnston MBE

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Wishing all of our patients a healthy and happy new year!



Got a brilliant idea for the next edition? We're all ears! Drop us an email at nwl.gpltd@nhs.net and let's make it happen.

We're making healthcare even more accessible! Feel free to **pre-book** a phone consultation between 6:30pm-8pm, Monday to Friday. Choose from a GP, Advanced Nurse Practitioner, or Clinical Pharmacist and get the help you need.

But wait, there's more! Every Saturday, from 9am-5pm (alternating between Long Lane Surgery (Coalville) and Castle Medical Group (Ashby De La Zouch) we're offering in-person **pre-booked** appointments for routine consultations. Whether its a minor illness, a menopause consultation, ear syringing, cervical smears or a bandage change, we've got you covered.

We know life can get in the way of taking care of yourself, so these options are here for those who need a little flexibility.

Let's get you on the road to wellness with our amazing team of healthcare providers that work hand-in-hand with your trusted GP and Nurse to offer you a wide range of appointment choices.

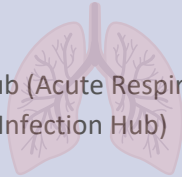
Clinic Type

When and Where?

Who is suitable?

How do I book?

ARI Hub (Acute Respiratory Infection Hub)



Weekdays - **Face to face appointments** 2pm - 6.30pm until 28th March.

Alternate clinics available at Long Lane Surgery (Coalville) & Castle Medical Group (Ashby De-La-Zouch) for all NWL patients

Children from 3 months+ and adults with **new onset** of respiratory symptoms. E.g. new cough, possible chest infection

Same day booking only, bookable through your GP Practice

Winter Visiting Paramedic Service



Weekday mornings/early afternoon

Home visits

Patients recently discharged from hospital, care home or housebound patients

Bookable through your GP practice

First Contact Plus Physiotherapy Sessions



Telephone appointments available Tuesdays 8am-4pm and Wednesdays & Fridays 8am - 6.30pm

Face to Face appointments available at Long Lane Surgery (For all NWL patients) Mondays and Wednesdays 8am-4pm

Manor House patients only on Fridays 8am - 4pm

Patients aged 16+ with soft tissue injuries, Sprains, Arthritis, Muscle problems, Spinal problems including lower back, mid-back and neck pain and spinal-related pain in arms/legs including nerve symptoms

Bookable through your GP practice

Paediatric Clinic (Specialist child GP)



Face to face appointments Once a month

Hugglescote Surgery (For all NWL patients)

Babies/Children with re-occurring complaints, i.e - Feeding issues, Constipation, Headaches, Bed Wetting

Bookable through your GP practice



January is Cervical Cancer Awareness Month

There are around 3,200 new cases of cervical cancer each year in the UK. 99.8% of cervical cancer cases are preventable.

It can affect all ages, some common symptoms can include vaginal bleeding unusual for you, changes in vaginal discharge, pain or discomfort during sex and pain in your lower back or pelvis.

Talk to your GP or practice nurse and get the symptoms checked. The earlier cervical cancer is found, the easier it is to treat.

Cervical screening helps prevent cervical cancer by checking for a virus called high-risk HPV and cervical cell changes.

Very early-stage cervical cancer may not cause any symptoms. It is usually found and treated because of cervical screening tests.

Did you know 1 in 4 don't attend their cervical screening test? If you feel worried, you are not alone. It may help to know as much as possible about what going for cervical screening is like.

Please speak with your practice nurse or GP, and more information can be found at:

<https://www.jostrust.org.uk/information/cervical-screening>

<https://www.macmillan.org.uk/cancer-awareness/cervical-cancer-awareness>

What is a Social Prescribing Link

Worker?

Social Prescribing Link Workers are non-medical professionals working within GP Practices.

Focusing on health and wellbeing, the role consists of helping patients access support including council services, voluntary community, and social organisations. Looking at the “What matters to me” approach, the Social Prescribers will discuss any needs in the first call and support access to any groups, clubs & services in the local area. Such as signposting to dementia groups for recently diagnosed dementia patients. Those who would most benefit from the service would like to access more support from what is available in the local area and the wider community. They can also support people with long term conditions and low to mid mental health problems and are happy to discuss any non-clinical needs to see what would be best for you. To get in touch with the team, please call 01530 831645 or fill in the form:

<https://forms.office.com/e/wmHje6jcS9>

We need your help!
Can you spare a few minutes to fill out our Friends and Family feedback survey? Just click on the link in the text message which you receive following on from your appointment.
Thank you!



Psst! Want to know all the hip and happening events in the local area? Then join our social media squad! Keep tabs on our Facebook page at [North West Leicestershire GP Federation](#) and our X page (formerly known as Twitter) at [@nwlgpfed](#).

