

# North Colchester Healthcare Centre Spring Newsletter

## Monthly Open Days

From April we will be holding an open day each month based around various areas to help patients understand Chronic Disease Management and offering support where needed such as Carers.

The first Open Day will be held on Wednesday 26<sup>th</sup> April 2017 12:30pm – 14:30pm and will be focusing on Carers, Adults with Learning Difficulties and also our Patient Participation Group. If you are interested in any of the above pop along and speak to one of the advisors available.

## The Patient's Voice – News from your PPG

### What is a PPG?

A 'PPG' is a patient participation group.

At this PPG, we are a group representing patients registered at the GP practice here at North Colchester Healthcare Centre, making sure the patient view is represented within the practice and more widely.

**Welcome to this first PPG newsletter** from the GP Surgery and Walk-in Centre at the North Colchester Healthcare Centre. On behalf of patients, your PPG is delighted that Care UK have given us the opportunity to work with them to improve patients understanding of the practice, how it works and how it can improve.

This newsletter is a great opportunity to update fellow patients on what the PPG has been up to. We are a growing group and actively seeking new members. We meet formally every 2 months, but get involved in other activities in between.

### The future of the Walk-in Centre

Recently, the North East Essex CCG (they commission the Walk-in Centre service) have outlined their urgent care review. Your PPG members were concerned that our fellow patients were not being made aware about the future changes which could see closure of the Walk-in Centre. We held several 'outreach' sessions at the centre, explaining the options being put forward by the CCG and encouraging fellow patients to complete the CCG's questionnaire, collecting over 160, which we took to the CCG. Their decision will be announced in May.

### Ideas, what's gone well or not so well?

We would love to hear from you so that we can encourage Care UK to make our GP practice even better, our email address is below, or you can leave a message with the receptionist for the attention of the PPG... even better, JOIN US! [nchc.ppg@nhs.net](mailto:nchc.ppg@nhs.net)

## **5 ways to get active with your kids this Easter**

Children really should be active for at least one hour every day. Physical activity helps children grow strong bones, keep a healthy weight and discover the world around them.

Here are 5 activity tips for being active with your children:

1. Build a den or treehouse during the holidays, or encourage them to climb a tree or two (under supervision of course!)
2. Go ice skating, rollerblading or skateboarding, indoors or outside. Kids also love scooters!
3. Fly a kite, you can find good local kite flying locations by searching on the internet.
4. Plan an activity challenge together, work towards a fun run or a walk for charity.
5. Go swimming! Lots of local pools have half term programmes, most include a few hours of inflatable fun.

## **Hay fever**

The hay fever season can last from March to October and some unlucky people only get a break from symptoms in winter.

Symptoms of hay fever include:

- sneezing
- a runny nose
- itchy eyes

Hay fever can adversely affect many areas of your life including your social life, your emotional wellbeing, your performance at work or school, and your self-esteem.

If you think you may be suffering from symptoms of hay fever, a visit your local chemist for advice and over the counter medication should relieve your symptoms.

## **Making sense of your medication**

To get the best results from your medicines, it's important to use them as they are intended.

You need to:

- Take the right amount of medicine at the right times, in the right way and for the right number of days.
- Get advice from your pharmacist or GP if you are having any side effects that bother you.

- See whether your medicines are making you feel better or worse. If you're worried, tell your doctor or pharmacist as soon as possible.
- For medicines you have to take regularly, make sure you always have enough, especially at weekends, public holidays and when you're on holiday.

If you have any questions about how to use your medicine or getting a medication review, please contact us on 01206 314 015.

## **Spring recipe (recipe corner)**

Spring chicken in a pot

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 500g boneless, skinless chicken thigh
- 300g small new potato
- 425ml low-salt vegetable stock (such as Kallo low-salt vegetable stock cubes)
- 350g broccoli, cut into small florets
- 350g spring green, shredded
- 140g petit pois
- bunch spring onion, sliced
- 2 tbsp pesto

Method:

1. Heat the oil in a large, heavy pan. Add the onion, gently fry for 5 mins until softened, add the chicken, fry until lightly coloured. Add the potatoes, stock and plenty of freshly ground black pepper, then bring to the boil. Cover, then simmer for 30 mins until the potatoes are tender and the chicken is cooked. Can be frozen at this point.
  2. Add the broccoli, spring greens, petit pois and spring onions, stir well, return to the boil. Cover, then cook for 5 mins more, stir in the pesto and heat through.
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