

ARE YOU AWARE OF “PATIENT CHOICE”?

If you are being referred to hospital by your G.P., you have the right to choose which hospital you are referred to. If you have a preference, then specify this at the time your G.P. is referring you. If you do not state a preference then the G.P. will refer you to the hospital that has the earliest available appointment date. Healthwatch Lincolnshire recently carried out a survey in our Practice and found that “most” patients knew about Patient Choice!

MY HEALTH LINCOLNSHIRE! The Boston Clinical Commissioning Group, (Holbeach Medical Centre is a member) have produced an app which can give you useful information on health matters. Download the app at: www.myhealthlincolnshire

NEED SOME ADVICE?

Try contacting *LINCS2ADVICE* on 0844 257 0042, Mobile: 0300 303 8789 or www.lincs2advice.org.uk This is a **FREE** service available to the residents of Lincolnshire and provides advice on money, health, care, legal, family, home and work related issues.

WHAT IS THE PATIENTS’ PARTICIPATION GROUP?

We are a group of Volunteer Patients from the Holbeach Medical Centre who are undertaking to be a “critical friend” of the Holbeach Medical Centre. We would like to make Patients aware of changes that the Practice is making. Sometimes Patients who do not often visit the Medical Centre or who are unable to access the Internet, are unaware of improvements to services.

We aim to produce 4 newsletters a year, but because of the high cost of postage these Newsletters will be distributed by collection from the Holbeach Medical Centre; Boots the Chemist; Holbeach Pharmacy; The Library, or with your written consent, via email. (Consent forms available from the Medical Centre or from the website) .

The PPG is unable to respond to complaints; deal with Patient-specific issues; or have access to medical records. The Holbeach Medical Centre does have a Complaints Procedure. If you have a formal complaint, please contact the Reception Desk for a copy of the Complaints Procedure, or ask to speak to the Practice Manager.

PLEASE JOIN US: If you are interested in joining the PPG—See Medical Centre Reception for an Application Form. New members always welcome.

FUTURE NEWSLETTERS: If you have ideas or suggestions of what you would like to see in future Newsletters, please let us know by writing to the PPG at the Medical Centre address.



HOLBEACH MEDICAL CENTRE

Park Road, Holbeach, Spalding, Lincs.,
PE12 7EE

Surgery & Enquiries : 01406 423288
www.holbeachmedicalcentre.co.uk

PATIENTS’ PARTICIPATION GROUP NEWSLETTER—SPRING 2017

Welcome to the Spring Edition of the Holbeach Medical Centre
Newsletter produced jointly by the Holbeach Medical Centre and the
Patients’ Participation Group.

GRAND EASTER RAFFLE

Tickets 20p each or £1 per book of 5 tickets

Draw to take place at 12 noon on

Wednesday 12th April 2017

Lots of lovely prizes.

**Tickets will be on sale several times a week during surgery hours.
All proceeds will be used to improve patient facilities available from
Holbeach Medical Centre. Please try and support it.**

ST BARNABAS HOSPICE

Ali, Laurin and Toni from Holbeach Medical Centre are all going to attempt a “Colour Dash 5k Run” on Saturday 13th May 2017 in Lincoln, in aid of this good course.

We wish them a successful run, and if you are passing the surgery **PLEASE** pop in and offer your support by donating to their Sponsorship form. ALL donations will be very gratefully received. Thank you.

NEWS & INFORMATION

VETERANS BORN BEFORE 1950:

Are you, or do you know of, a Veteran born before 1950 who has any military service (including National Service), who may benefit from a course of free counselling?

This counselling is completely free of charge and is funded by the MoD's Veteran's Fund and can be extended to family members and carers of veterans born before 1950.

Counselling can be provided at home/care home of the veteran, and covers everyday issues such as bereavement, depression, loneliness and anxiety.

Referrals are usually made via your GP, care home or a veterans' charity, but individual veterans can also self refer.

Act Quickly as Referrals for this Offer close on 31 March 2017, so if you know of someone, or you are someone who may benefit, register your interest **before the closing date of 31 March 2017.**

More details:

- Contact details are 020 7708 5000 (office hours)
- referrals@agedveteranscounselling.org.uk
- www.agedveteranscounselling.org.uk

WARM HOMES—SOUTH HOLLAND

Peterborough Environment City Trust are offering a **FREE** home energy visit to **ALL** South Holland residents, but this scheme will run for a limited time only, **so don't miss out.** They will give you:

- **Impartial advice in choosing the best energy tariff for you**
- **Information on the national £140 Warm Home Discount.**

To book your free energy advice home visit, call

Project Officer Andrew Ellis on 01733 866437

Or email andrew.ellis@pect.org.uk

PRACTICE NEWS & REMINDERS

TYPE 2 DIABETES

Have you recently been diagnosed with Type 2 Diabetes?

If so, there are some Information Packs available in the Surgery to help you with coping and staying healthy with this condition.

Lincolnshire Clinical Commissioning Groups are also working together with Diabetes UK, to deliver a number of "**Living with Diabetes**" days across Lincolnshire. These **free events** will give you the opportunity to:

- Learn how to maintain a healthy diet and become more confident in managing your diabetes day to day.
- Ask Diabetes experts your questions and get practical up to date information
- Meet other people diagnosed with Type 2 diabetes.

Details of dates and booking arrangements will be on: www.diabetes.org.uk

Support Groups are also being developed across Lincolnshire.

Group locations will be available soon, for more information and to join a group go to www.diabetes.org.uk.

POSITIVE PILGRIMS SESSIONS - Are you 18 YEARS + and suffering from mental health problems?

FREE Multi Sport/Football Sessions—Every Monday 1.30 pm to 2.30 pm
Holbeach Youth Centre Sports Hall, Boston Road, Holbeach. PE12 7LR.

(Research has demonstrated the positive impact of regular exercise for people suffering from mental health problems.

Positive Pilgrims aim to develop confidence, self esteem, sense of belonging, health & well being, social acceptance and interaction through sports sessions).

Give it a try!

for details email lewis.wright@bufc.co.uk/phone 01205 311655/
Facebook: www.facebook.com/pilgrimsuitc

Twitter: @PilgrimsUITC