

# Newsletter - 10 For Patients

By the Patient Reference Group  
March - April 2016

## Look out for changes happening in the nhs

### Getting 'ONLINE' will help you find our about 'changes'



For example -  
- this is a local computer class in Central Birmingham & Hall Green  
FIRcone (Friends in Retirement 0121 643 1032)

A BBC news item, online, (February 7th 2016) reported on possible changes :-  
“...nhs to get £4bn in drive for ‘paperless’ health service .....  
.....The aim is to allow patients to book services and order prescriptions online, online access ‘apps’ and digital tools and choose to speak to their doctor online or via a video link.....  
.....by 2020, it is hoped that a quarter of patients with long-term conditions such as hypertension, diabetes & cancer will be able to monitor their health ‘remotely’ .....  
.....everyone will have access to their own health record which will be shared between professionals so patients will no longer have to repeat their medical history..... ”

## So - What is happening in OUR area ?

### Our Practice at Bathrow :-

1. Our Practice is online. ✓
2. We do have ‘Online Booking’. ✓
3. We do have ‘on-line repeat medication ordering’. ✓

## Look out for changes happening in our CCG area

(Clinical Commissioning Group - South Central Birmingham)

**See next page** for some information about what our CCG is doing & how you can find out more of what is happening NOW.



## What is happening in OUR area ?

..... Continued .....  
changes happening in our CCG area

The £2.4 mil of the *Prime Minister’s Challenge Fund* is being used to trial new ideas and technology.

Three Practices in our area are involved in a trial :-  
West Heath Primary Care Centre (Near Northfield Station);  
River Brook Medical Centre (Stirchley) and  
Fernley Medical Centre (Sparkhill, Stratford Road).

They plan to run trials of: - ‘New weekend and evening opening hours, and - I quote:-

*‘Self-care mobile phone ‘apps’; access to assisted Living; remote care planning; supported self management services; personalised health records and remote monitoring.’*

You can find this quote - by Clicking on [www.england.nhs.uk](http://www.england.nhs.uk) then putting these words into ‘Search’ My Health Care & Birmingham’ then find the blue heading ‘Wave Two Pilots’ - Click on this.  
You can then find Birmingham South Central CCG at Item Number 20.)

## BIRMINGHAM CHRISTMAS SHELTER 2015

Once again the Shelter welcomed hundreds of guests through its doors over Christmas week, where food, warmth, shelter and friendship are offered to homeless, lonely and vulnerable men and women of Birmingham and surrounding Areas.

The Shelter, previously known as Birmingham Open Christmas, is a registered charity which was established many years ago & depends entirely on public donations.

It operates from St George’s Community Hub in Newtown and is Managed by volunteers.

It is open all day and night over Christmas week.

Numbers using the Shelter last year have been higher than ever and around 150 guests visited each day, some staying over for the full five days. Services offered include hot meals, entertainment, showers, health services and a safe place to sleep if needed. Even Father Christmas was there!

On Christmas Day breakfast was served to 120, lunch to 208, dinner to 126 and 107 guests slept over.

(More details and videos can be found on the website below.  
<http://birminghamchristmasshelter.org/> where donations can also be made

*Article - Sent in by Marie - PRG member and Shelter volunteer.*

## Birmingham Cycle Revolution (BCR)

([www.birmingham.gov/bcr](http://www.birmingham.gov/bcr) Update on January 2016

“... Birmingham Cycle Revolution is a Birmingham City Council initiative. The objective of BCR is to make cycling an everyday way to travel in Birmingham over the next 20 years. We want 5 per cent of all trips in the city to be made by bike by 2023 and to double this again to 10 per cent by 2033. This will help to make our city healthier, greener, safer and less congested.....”

If you go to the [www](http://www.birmingham.gov/bcr) address above you can also click on these Related Posts: -

- ‘On-road cycle revolution set to begin’
- ‘Further canal improvements due for cyclists’
- ‘Local links to provide safe and easy access to cycle routes’
- ‘Green light sought for green cycling routes’
- ‘New access created from canal to train station (five ways)’

**Tags:** bikes, Birmingham Connected, Birmingham Cycle Revolution, Cllr Lisa Trickett, cycling, roads, transport

## Come & join the Patient Reference Group :

(Give your name to a receptionist.)

Our next meetings are:-

Wed 16<sup>th</sup> March 2016

Wed 20<sup>th</sup> April 2016

### Editor’s Note

Wed 18<sup>th</sup> May 2016

You can see the Minutes of PRG meetings and all editions of the PRG Newsletter on the Practice website.

[www.bathrowmedicalpractice.co.uk](http://www.bathrowmedicalpractice.co.uk)

Click on ‘Have your say’ ..... Then

Click on ‘Patient Representative Group’ .....then

Click on ‘Minutes, Reports and PRG Newsletter’ .....then

Scroll down to the bottom of the page and click on the one you Would like to see - wait a few seconds & it will appear.

(Don’t forget to scroll down the page to see - page 2)

# Childrens Page Colour the Picture

Ask at Reception for coloured pencils



How many types of Exercise can you spot in This picture of Dr Exercise

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....
- 7 .....
- 8 .....

The four extra doctors in every Health Centre are :-  
**Dr. Exercise & Dr. Diet, Dr. Merryman & Dr. Quiet**

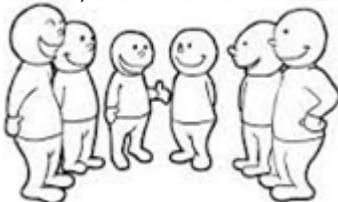
**Dr Exercise says:-** That he has found out about keeping track of the steps he makes daily with An 'app' on his smart phone - He is trying to do a recommended 10,000 steps per day



**Dr Diet says:-** He is going to try a Sugar free week when he Saw a programme on TV



**Dr Merryman**  
Has found out about joining groups in leisure Centres, and 'on line' and is **FEELING GOOD :-**



**Dr Quiet says:-** That he has found some really comfortable types of chair in the New Library. How many types of chair Can you find there?



The four extra doctors in every Health Centre are :-  
**Dr. Exercise & Dr. Diet, Dr. Merryman & Dr. Quiet**  
- do you know them ?

Cartoon by PRG member - Jan

## Healthy Lifestyle Chat

WINTER WELLNESS

Spring may soon be on the way, but winter illnesses can still strike at any time. The flu season lasts from October to May each year (that's 243 days) so if we have managed to avoid it so far, we are not completely safe yet!

There are many lifestyle factors that can lower our immunity and increase our risk of colds and flu, including stress, lack of exercise, insufficient sleep and poor diet.

Start with the basics – keep active and make sure your diet is healthy.

Nutritional consultant to Pharma Nord, Babi Chana says that a diet rich in fruit, vegetables and whole grains can help to support our immune system, particularly those high in vitamin C.

Whereas high dietary sugar and fat intake can suppress immune function. Sleep also boosts our immunity and enables the body to repair itself while we sleep.

Stress is unavoidable in life, but too much can affect our health.

It is important to find time for relaxation and to do the things we enjoy.

Article researched by PRG member Marie

### Latest Information about - How to book an appointment on-line

- \* Visit **www.bathrowmedicalpractice.co.uk**
- \* On the 'home page' - click on one of the links at the bottom of the page :- **Cancel Appointment;**  
**Request Appointment;**  
**Order your Repeat Prescriptions.**
- \* Log on to your account using the 'username' & 'password' that have been provided (at receptionist desk)
- \* Click on 'Change Password' and follow the instructions on screen.

Once you have logged in and changed your password, you will be able to book and cancel appointments, see your past and future appointments, see and request your current repeat prescriptions, see basic information about your medical record which includes current medication, allergies and adverse reactions. You will also be able to change your contact details.