

Newsletter - 18

By Patients and For Patients

By the Patient Participation Group

July - August 2017



Coming Soon :- More Healthy activities and exercise here at this local historic place :-

The Round House (in Sheepcote Street - B16 8EY) (off Broad street - busses - 9, 10,120, 126, 127,128,129, 22, 23, 24,29.) One of Birmingham's most historic buildings is on course to be brought back to life after receiving a £2.5 million lottery grant. The funding will enable a partnership of charities the Canal & River Trust and National Trust to turn the Grade II*-listed Roundhouse, in Sheepcote Street, into a base from which to explore Birmingham's canal network. (By foot, bike and boats) Over the past decade, it has been steadily falling into disrepair but the confirmed new investment from the Heritage Lottery Fund (HLF) will see it reborn as a visitor & commercial Hub. Proposals for the building include a café, a cycle hire and repair workshop, volunteering opportunities and a shared working space. It is anticipated that the Roundhouse will attract more than 50,000 people a year. (From an article from Birmingham Post)

Find out- how the Round House is being developed into a hub to explore by foot, bike and boat - Visits, tours, walks start summer 2017 www.nationaltrust.org.uk/roundhouse-birmingham

And for more local venues for fun exercising - see next columns:-

SELF CARE IS GOOD FOR YOU

Following the launch of the report "Self Care: an Ethical Imperative" in 2010, support for a campaign grew and led to the development of the 'Self Care Forum' in 2010. NHS England is a partner and membership consists of many key professional organisations across primary care.

The purpose of the Forum is to further the reach of self care & to embed its principles into everyday life. The Self Care forum's definition of 'Self Care' is: The action that individual's take for themselves, on behalf of and with others in order to develop, protect, maintain & improve their health, wellbeing or wellness. Often just simple changes aimed at meeting the needs of local communities can be very effective at encouraging increased self-care. These include giving patients the information they need to care for their common ailments and to make healthy life style choices as well as sign-posting people to the right local services. This is also true for more serious and long term conditions where people can often self manage with the right support.

Self care is good for us because it empowers people with the confidence and information to look after themselves when they can & to visit their GP when needed. This gives us greater control of our health and encourages healthy behaviour.

Professor Ian Banks, a founder member of the Self Care Forum and retired GP says: "We have robbed people of the ability to self care, whether for minor ailments or management of long - term conditions. We are now reaping the whirlwind – people are coming to us with conditions they could treat themselves." Apparently, 57 million GP consultations each year involve minor ailments. The Self Care Forum has produced leaflets for what are said to be the most common minor ailments, such as digestive problems, headaches, coughs etc. These can be found on the Self Care Forum website.

At a time when resources are tight, we're going to have to find new ways of boosting the critical role that patients play in their own health and care" says Simon Stevens, Chief Executive of NHS England.

Sources for this article:-

- 1 Self Care Forum (website:www.selfcareforum.org)
- 2 NHS England www.nhs.uk
- 3 Report from the Local Government Association (helping People to look after Themselves.) www.local.gov.uk

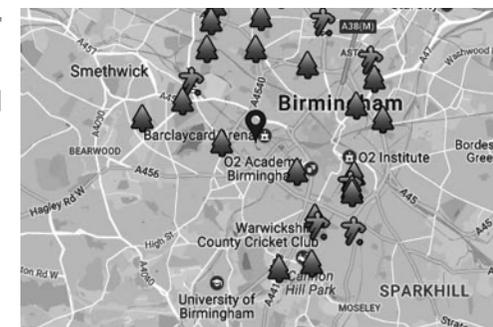
Article by PRG member - Marie

Our Practice website ?
www.bathrowmedicalpractice.co.uk



Dr. Exercise says :- Here are some more Local places to go TO ENJOY exercising :-

1. Here is a map of local Parks and Leisure Centres.



You can get one for your area by going to website

www.birmingham.gov.uk.

Then click on "find your local services & facilities" Then 'Enter your Post code'

2. Here Now :- Opened May 2017 - The New Swimming Pool, Open To the Public

To enquire about when the new **Olympic sized** swimming pool on The Bristol Road at the Birmingham University Site is open to the public and find out about the other activities available.



Phone

0121 4142058

(by PRG member - Jan)

Come and join the Patient Reference Group (give your name to a receptionist)

Our next meetings are at 6.15pm

Here at the Surgery on these dates:- **Wed 19th July 2017**

Wed 16th August 2017

Wed 20th September 2017

Editor's Note

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

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 & 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

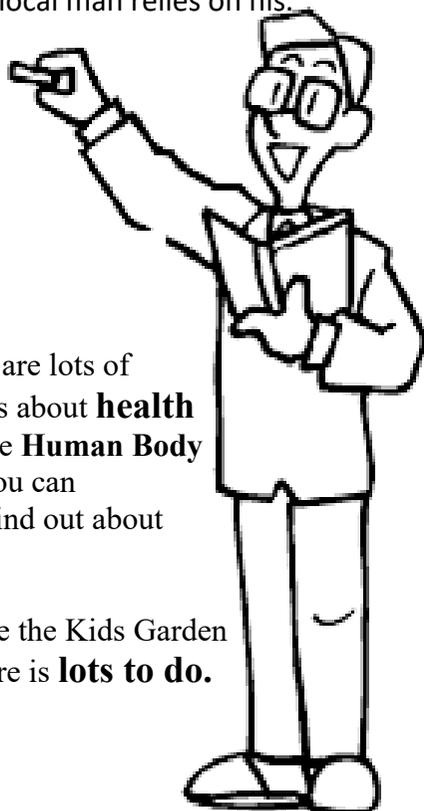
COLOUR THE PICTURE

Ask at Reception for coloured pencils



Birmingham's **Science Museum** is called **Think Tank** It is near Moor Street train station and by Birmingham's main Bus station.

Here is a 'life size' plastic model of a man & his **artificial heart** Which you can see at Think Tank And hear the story about how a local man relies on his.



There are lots of Things about **health** and the **Human Body** that you can find out about

I like the Kids Garden - There is **lots to do.**

www.birminghammuseums.org.uk/thinktank



News from Our C.C.G. (Clinical Commissioning Group):-

Our local Clinical Commissioning Group for our Bath Row Medical Practice is 'Birmingham South Central CCG'. They use NHS funds to buy services and organise services for our Practice .

There are many changes and improvements to health care being worked upon. You may have noticed that we now have a Clinical Pharmacist in our Practice & the NHS is beginning to introduce many other ideas to improve service such as new types of consultation :-

1. Online consultations;
2. Phone consultations;
3. Group Consultations
4. Using Clinical Hubs.
5. Using Care Navigators.
5. Help with Self Care

The NHS is very aware that patients need more help in finding the right type of Medical Service that they need instead of going to an inappropriate one which could waste time.

The NHS, Our CCG and Our Practice - all want to hear your views about Medical Services. Important decisions are being taken - wouldn't you like to be 'part of them' ? **Here are some things that you could do :-**

1. Ask at the reception desk to join our PPG (Patient Participation Group)
2. Look up our CCG. Website www.bhamsouthcentralccg.nhs.uk
3. Look up the NHS website NHS Choices www.nhs.uk
4. Do Google searches on 'key words' that give more details of the ideas mentioned in these Newsletter articles Such as:- "NHS Forward View - Next Steps" "Access Hubs" "Accountable Care Systems" "Clinical Hubs" "Clinical Care Navigators" etc.
5. Watch YouTube video of NHS Forward View and watch other
6. Go to Our **CCG Public information and fun event & A.G.M. All day on July 26th 2017** at the Midlands Arts Centre. (M.A.C.) In Cannon Hill Park.

Article by PRG member Jan

If you need Medical care and advice - when the Bath Row Practice is closed

..... **Pick up a telephone and dial 111**

NHS 111 is available 24/7 and can help people decide on the most appropriate local service for medical need. Here is a photo of just part of our much improved local call centre for 111 .

Here there is a 'Clinical Hub' - many types of medical professionals to find the help YOU need NOW.

(See the leaflets in our waiting room)



Representatives of our P.P.G. (Patient Participation Group) were in our waiting room during the week - June 19th - 23rd for **Patient Participation Awareness week. 2017**

We were inviting Patients to join the Patients group, & asking if they had any comments to make or questions to ask (and invited them to **enjoy free coffee, tea (or water.)**)

