

Newsletter - 17

For Patients

By the Patient Participation Group
May - June 2017

Meet Our Doctors & staff at our Bath Row Medical Practice - 4. Steven Elliott Patient Services Manager



I started working at Bath Row Medical Practice in March 2009 on a temporary basis shortly after University and was later offered a six month contract to assist with a project the Practice was involved in called "Share to Care". The Practice were aware that I had good I.T. knowledge & subsequently offered me a permanent position after the "Share to Care" project ended. This new role involved providing information to patients and maintaining the Practice I.T. systems among other things.

Over the years my knowledge of the Practice and the NHS in general grew through personal development and mentoring from the previous Practice Manager & I began to take on more responsibilities within the Practice.

In 2015 I completed the level 5 diploma in Primary Care and health Management and following the Practice Manager's retirement commenced my new role as Patient Services Manager as part of the newly formed Management team at the Practice. I am thoroughly enjoying my new role & the satisfaction that it brings by using my own and the team's skills to overcome any hurdles & provide the best service for patients in what is proving to be an ever changing and challenging time for the NHS.

I am a married father of one, who enjoys spending time with my family. I also enjoy watching football and support Aston Villa Football club. I have played field Hockey since the age of 15 for Sutton Coldfield Hockey Club for enjoyment and fitness and hope one day to introduce my daughter to the sport.

I look forward to working at Bath Row Medical Practice for many years to come. *Steven Elliott.*

A New Cycle -Way - building to be started
This autumn and expected to be completed spring 2018
Along Bristol road from University to city centre near Hippodrome



Dr. Exercise says :-

To enquire about the new Olympic sized swimming pool on Birmingham University site which will be open to the public and will be opening soon **Phone 0121 4142058**

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 17th May 2017**
Wed 21st June 2017
Wed 19th July 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)

Self Care

The National Association for Patient Participation quotes "The Local Government Association" report - "Helping People to Help themselves - **A guide to self care** :-
It ".....calls for a new culture of care to reduce the pressure on doctors and hospitals ...

A 'Self Care Forum has been formed and it's chairman - Professor Ian Banks (retired GP) says,
".....We have robbed people of their ability to 'self care', whether for minor ailments or long term.... "
www.selfcareforum.org

NHS choices website - (a link is on this practices website) gives advice about how to treat 'minor ailments' and - www.selfcareforum.org produce 'Fact sheets' to help you discuss issues about 'self care' which you can download They are:-

1. Lower back pain
2. Eczema
3. Heartburn and indigestion
4. Fever in children
5. Constipation
6. Headache and Migraine
7. Coughs
8. Acne
9. Sprains and Strains
10. Sore Throat
11. Otitis media
12. Common cold
13. Sinusitis
14. Urine symptoms in men.

57 million G.P. Consultations each year involve 'minor ailments'. 18% of G.P. Work load is accounted for by consultations about 'minor ailments'. - **To be continued in next Newsletter**
(Article researched by PRG member Marie and by PRG member - Jan)

Our Practice website
www.bathrowmedicalpractice.co.uk
Representatives of the PPG plan to be in the waiting room -
from June 19th -June 23rd to chat with patients.

CHILDRENS PAGE

COLOUR THE PICTURE

Ask at Reception for coloured pencils

Here is someone
Enjoying walking



Draw in
his walking boots

Draw in his walking stick

And walking hat

Explore our local area -

Where is this tunnel entrance ?

And - where does it lead to ?

See next Newsletter (No 18) for more details about this lovely walk



Answer :- This is the tunnel in Summerfield Park under Selwin Road at the start of The Harbourne Walkway - a disused railway line going all the way to Harbourne

Healthy Living Chat

Gardening and Volunteer Gardening



This group organised by the Canal and river Trust - Cleared a waste patch on a Birmingham City Centre tow-path this March 2017 & will plant bulbs & wild flowers soon. They are looking for volunteers to adopt and look after stretches of canals -

This gives fun and social exercise - Very good for your health.

More Information :-

- 1 Canal and River Trust - Volunteers
[www. canalrivertrust.org.uk](http://www.canalrivertrust.org.uk) (Click on Volunteering)
2. Green gyms in West Midlands:-
[www. tcv.org.uk / midlands/health](http://www.tcv.org.uk/midlands/health) for life
For 2017 info. Green Gym sessions at South Birmingham Ladywood Health & Community Centre, QE Hosp centre, Woodgate Valley Park centre, and Weoley Castle etc
3. Winterborne gardens and the Birminham Botanical gardens
Sometimes want volunteers & gardening volunteers
4. #Cleaner Brum
5. #Great British Spring Clean

Birmingham Wellbeing Panel

www.birminghambeheard.org.uk 2016 survey said:-

When we looked at the relationship between happy people and the activity they actually do, there were some clear winners:-

- 1st walking the dog or group fitness classes
- 2nd Playing with their own children & family or swimming
- 3rd running or gardening.

I like to have a
bit of a dig -
now and then !



(Article by PRG member - Jan)

BIRMINGHAM CHRISTMAS SHELTER 2016

In December 2016 hundreds of regular guests plus many new faces, were again welcomed into St George's Community Hub in Newtown, where food, warmth and friendship were offered to homeless and lonely local people over the five days of Christmas.

Three hot meals were served each day and over 300 sandwiches and snacks to an average of 150 guests, peaking at Christmas lunch with 199 meals being served. As the weather was unusually mild, the number sleeping over was slightly down on previous years, averaging 75 men and 10 women each night.

Apart from a team of 250 volunteers undertaking numerous general duties, several service providers such as hairdressers, chefs, chiropodists, arts & crafts teachers, masseuses and entertainers gave their time and skills for free. Guests were very appreciative of the kindness offered when many of the services normally relied upon were shut down over the Christmas period.

The Shelter, which is registered charity, relies entirely on donations of money, goods and services and could not exist without the generosity and support of local people and businesses. The cost per person, per day during 'Shelter week' is £35 and is likely to increase as costs generally rise and the problem of homelessness continues to rise in cities, as it has been seen in Birmingham.

Planning and fundraising has already started for Christmas 2017, where the big change could be a relocation, as the current premises may not be available. Suitable premises close to the city centre need to be identified over the coming months.

More details and videos can be found on the web-Site, where donations can also be made.

<http://birminghamchristmasshelter.org/>

Article by Marie PPG member
and Shelter Service Provider