**Good News about CPR**

**Ppg news**

**Patient | Participation | Group**

Cardiopulmonary Resuscitation (CPR) is a fundamental technique used in first aid to resuscitate someone in an emergency situation.

If a person stops breathing or their heart stops beating effectively this life saving technique is used to restore oxygenated blood flow to the vital organs.

It involves pressing hard and fast on their chest and a series of rescue breaths, to help pump blood and oxygen around the body.

Since the British Heat Foundation (BHF) launched in 2014 it’s Nation of Lifesavers Companion, five million people have been trained in CPR. This milestone has been reached a year ahead of its 2020 target.

The UK Government has commited to making CPR part of the English school curriculum from 2020. In April of this year all local authorities in Scotland pledged to ensure every secondary school pupil leaves school trained in CPR

**by John Binns**

**PPG Member**

**Practice News Online Services**

Bath Row Medical Practice offers a range of online services to Patients who are registered at the practice and signed up to the online services we provide. Online services are accessed through the internet by typing:-

https://patient.emisaccess.co.uk/Account/Login

Once you are registered for EMIS online you will be able to:

book and cancel appointments,

view your appointments,

view your current repeat prescriptions and order prescriptions,

view basic information about your medical record which includes current medication, allergies, adverse reactions and

update your contact details.

If you are a **new** Patient registering with the practice, the practice will offer you this facility when you register. Your login details for the service will be emailed to you once your registration has been processed. If you are **already registered** at the practice you will need to bring I.D (e.g. passport, driving licence, birth certificate, bank statement or a recent utility bill) and complete an “Opt in” form (available from reception). Your login details will be issued once the Doctor has checked your medications, to make sure they are safe for online prescribing. If you have no current repeat medication your login details will be issued immediately.

If you have forgotten your EMIS Online login details please bring I.D to the practice and you will be issued with a new password. If you have lost your login details please inform the practice immediately so that the account can be temporarily disabled until new login details are issued. If you no longer wish to have access to your Online Services please let a member of the team know.

**September Healthawares**

**National Eye Week**

from

23rd – 29th September 2019

on

Saturday 28th September 2019

at

Prab Boparai Opticians,

339a Bushbury Lane,

Wolverhampton,

West Midlands,

WV10 9UL  
cost

free event

Raising awareness of eye conditions. A successful eye, chat, coffee morning during National Eye Health Week, informing patients of the many eye conditions we can detect in an eye exam.

Also promoting MECS (Minor Eye Condition Service) where you can visit your Optician for your minor eye problem instead of going to A&E or the GP.

**Positive Mental Health Group**

on

Tuesday 24th September 2019

from

2.30pm – 4.30pm

at

Ground Floor Café,

38 – 40 Holloway Circus,

City Centre,

B1 1EQ

cost

this is a free event

Meetings include guestspeakers, information table, light refreshments and a chance to chat.

This group is open to anyone with an interest in promoting greater awareness of mental health issues.

**National Fitness Day**

on

Wednesday 25th September 2019

at

Small Heath Wellbeing Centre,

Muntz Street,   
Small Heath,   
Birmingham,   
B10 9RX

of

Chair Fitness Class

contact:-

[ivy.daley@birmingham.gov.uk](mailto:ivy.daley@birmingham.gov.uk)

A free 40minute fun chair based exercise class for those who will find it more comfortable to keep-fit in a seated position due to age, disability or health conditions.

Don’t rush off after the class, stay for a chat and free refreshments.

**Baby & Child First Aid**

on

Tuesday 24th September 2019

at

11.30am to 13.30pm

at

Cartlands Independent Tearoom,

Kings Heath Park,

Vicarage Road,

Kings Heath,

Birmingham,

B14 7TQ

contact

[lorraine@minifirstaid.co.uk](mailto:lorraine@minifirstaid.co.uk)

cost

£20.00 per person

This is a 2hr course. The Class is held in the summer room of the Cartlands Tearoom, refreshments can be purchased and brought into the class.

There are two car parks (free) within Kings Heath Park, access via Vicarage Road and Avenue Road.

Let us know about any local or national health courses/events/forums/groups/workshops.

This month’s healthawares have been sourced by

**Satya**

**PPG Member**

**Date of next Patient Participation Group Meeting on**:-

Wednesday 16th October 2019 at 6.15pm contact Lorraine/Steve for further details on 0121 622 4846