

Your Patient Participation
Group Committee

By now we hope that you will have heard of us. We are an elected group of patients, forming a committee, representing all patients at the surgery. We meet with the Practice Manager once a month. We represent YOU and are YOUR VOICE at the Surgery giving, as an example, the patient perspective on the services that are provided. Minutes of the meetings are taken and are available through the surgery website and in the waiting room. An AGM is held, usually in October, and everyone is welcome to attend. We cannot function without your participation, so we would welcome your input at the AGM or at any other time. You can contact us via the Surgery, either in person or through the website. Please review our noticeboard by the Dispensary when you are next in the surgery. Alternatively, why not become a virtual member of the group, a great way to be involved if you're short of time but want to be involved. You will be able to receive the minutes of meetings and the newsletter by email, but if its a paper copy you prefer that too can be arranged. So there is no excuse not to be involved! After all we're working together for the benefit of all patients.

Thank you.

Your committee.

SMS Text Messaging

Please sign up for Appointment Text Messaging and Reminders

Book and appointment and we will send a text message the day before to remind you.

Electronic Services

Why not sign up for electronic services. Book an appointment on-line or re-order your repeat medication. Please contact the surgery for an application form.

Medicines Delivery Service

The surgery can offer you a free medicines delivery service. If you are a dispensing patient of the surgery, why not have your medicines delivered to your home. To apply, please contact Reception.

Remember that you can order prescriptions online at www.spilbysurgery.co.uk.

The surgery can now be able to delivery medicines to you if you live out of town (if the surgery dispenses your medicine). Speak to the receptionist for more details.

There's a new local number for the surgery running alongside the 0844 number. It's 01790 378005.

If you want to get in touch with the PPG contact us through the Surgery reception. We want to know what you think, even if it's good!

We meet every 2nd Wednesday of the month and ratified minutes are available on the surgery

MARCH 2016

Easter Opening Times

Thu 24th — Open as Usual

Fri 25th Mar — Closed

Sat 26th Mar — Closed

Sun 27th Mar — Closed

Mon 28th Mar — Closed

Tue 29th — Open as

The PPG wishes everyone a very happy Easter

APPOINTMENTS

Please remember to cancel your appointment if you no longer need it.

Somebody else can benefit from it

What £136 a year can get you

- A Sky subscription for 8 months
A 4G phone subscription for 11 months with a free phone
A 51g Mars bar every day for 230 days
A subscription to the Observer every week for 48 weeks
A trip to the cinema every fortnight for 20 weeks
A £15.00 haircut every month for 9 months
OR, you can have as many visits as you need to your GP surgery

HEALTH CORNER — ANTIBIOTICS

Most infections are caused by viruses. Unfortunately, antibiotics won't work against viruses. Antibiotics wont make you feel better any faster and may cause unpleasant side effects such as diarrhoea, thrush or a rash. Taking antibiotics may disrupt the balance between good and bad bacteria in your gut, this balance is important for a healthy immune system.

HEALTH CORNER — HOW LONG BEFORE I FEEL BETTER

Table with 2 columns: Condition (Earache, Sore Throat, Common Cold, Flu, Runny Nose/Nasal Congestion, Sinusitis, Dry/Tickly Cough) and Usually Lasts (4 days, 1 week, 7 to 10 days, 2 weeks, 1 to 2.5 weeks, 2 to 2.5 weeks, up to 3 weeks)