PATIENT PARTICIPATION GROUP (PPG)

**The Centre Practice**

NEWSLETTER - Winter 2024 (issue 4)

**Hello** and Welcome to issue 4 of our newsletter from the PPG members at the Fareham Centre Practice. We are a group of volunteer registered patients at the practice and our aim is to represent patient voices at the practice and to let you know any practice updates.

Do you have any improvement ideas to help improve the service you receive or concerns about the surgery that you would like to be discussed at our meeting? If so, please email tracy.carter6@nhs.net or write a letter for the attention of the PPG Chair at the Fareham Centre Practice.

We hope you are well and some of the information in this newsletter will help you stay that way and even improve your chances of being well. Remember, if you need help then you need to get help. There’s information below to start you in the right direction to get it.

We would like to wish everyone a happy and safe Wintertime.

**Todays contents**:

1. Keeping well during winter
2. Warm spaces
3. Vaccinations and where to get them
4. Pharmacy first
5. Social prescribers

6. Join your PPG

1. Keeping well during winter

Our immune systems take a battering during the Winter with less physical activity and lack of sunlight. Vitamins C and D give a big boost to our immune system. Although vitamin C is easily available through fresh fruit and veg, it is hard to get enough vitamin D from the food we eat. The recommendation from NICE is that we should all take a daily vitamin D supplement at least between October and March. The recommended dose is 400 IU’s per day. Supplements at this strength are available at most pharmacies and supermarkets.

It’s very important to keep warm in winter especially as we get older as the weather and winter bugs can affect us more. Sometimes cold weather can stop us from getting out and about. There are things you can think about to stay warm and be well prepared for the winter time:

**Keep moving**, try not to sit for more than an hour, be active in your living area as much as you can.

**Eating warming foods**, like soups and stews, plus hot drinks like tea can help you to keep warm, so try to have at least one hot meal a day and as many hot drinks as you can. Try if you can to have a range of foods; fruit and vegetables; fresh or tinned and keep your cupboard stocked if you can in case there are times when you can’t get out to the shops.

If you have lost weight through reduced eating, you can contact our social prescriber via reception for help and support or alternatively via the internet using the malnutrition task force at:-

https://www.malnutritiontaskforce.org.uk/small-appetite/is-this-me

Age UK can be contacted for more information via **Telephone:** 02392 862121

or copy and paste the link below

https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/

1. Warm spaces

These are warm places you can go to and usually get a hot drink and see other people.

Libraries

Fareham library and cafe

Portchester Library - hot drinks available

Churches

* Hill Park Baptist Church, 217 Gudge Heath Lane, Fareham PO15 6PZ - Monday and Friday, 11:00-14:00.
* Fareham United Reformed Church, 18 Osborn Road South, Fareham, PO16 7DG - Monday, 13:00-16:00.
* St John the Evangelist Church, 1a Upper St Michael's Grove, Fareham, PO14 1DN - Tuesday, 10:00-12:00.

Other warm spaces

Broadlaw community space a new community hub, open to everyone; 9.30am to 11.30am and has a cafe (opened 15th November, 2024).

Address: Broadlaw community centre, Mitre Court, Bishopsfield Road, Fareham PO14 1LE

Telephone 02392 739485

Advice and support is available from the council and citizens advice also can give financial advice.

For further details of other areas copy and paste the link below or contact Fareham Borough Council

[https://www.warmwelcome.uk/find-a-space#map](https://www.warmwelcome.uk/find-a-space%23map) or

https://www.fareham.gov.uk/cost\_of\_living/warmbanks.aspx?close=True

Fareham Borough Council, Civic Offices, Civic Way, Hampshire, PO16 7AZ

Tel: +44 (0) 1329 236100 | Mobile Text/Photo: 07860 098627

1. **Vaccinations and where to get them**

The Fareham Practice offers a range of vaccinations; seasonal and travel. For advice on vaccinations generally, phone reception or go to a pharmacy.

Currently the practice has flu vaccinations in stock, please contact reception to book yours. For travel vaccinations please book an appointment with the Travel nurse via reception.

1. **Pharmacy first**

 The NHS ‘Pharmacy First Service’ is now up and running in a number of pharmacies around the Fareham area. This will enable community pharmacists to complete episodes of care for patients without the need for the patient to visit their general practice. Patients can now get treatment for **seven common conditions** directly from their local pharmacy, without the need for a GP appointment or prescription. If you phone the practice for one of these conditions, you may be directed to go to a pharmacy.

Pharmacies that have signed up for the service will be able to prescribe antibiotics or antivirals for the following:

 **Ear infections : 1-17 years old**

 **Sore throat: 5 years and over**

 **Sinusitis: 12 years and over**

 **Uncomplicated Urine infections: 16-64 years (Women Only)**

 **Impetigo: 1 year and over**

 **Infected insect bites: 1 year and over**

 **Shingles: 18 years and older**

Most Pharmacies will have a poster in their window or dispensary if they have signed up. If not, ask your pharmacy if they have signed up for this service.

For further information for Fareham Pharmacies taking part; copy and paste the link below:

<https://www.cfirst.org.uk/wp-content/uploads/2021/08/Fareham-Pharmacy-Mapping-Nov-20-Updated-online.pdf>

1. Social prescribers

Social prescribing is a key component of [Universal Personalised Care](https://www.england.nhs.uk/personalisedcare/comprehensive-model/). It is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

Social prescribing can improve your health and wellbeing.

Social Prescribers help you to find out about non-medical support and services to improve your mental and physical health, sense of wellness and independence. The service is available in your GP surgery through Fareham and Portchester Primary Care Network.

How does it work?

You can ask to have an appointment with a Social Prescriber or a member of your GP practice can refer you to the service. A Social Prescriber will contact you by phone to discuss your referral and they may come and see you at home or invite you to come and meet them at the GP practice or arrange to meet you elsewhere.

A Social Prescriber is:

* Someone to talk to in confidence.
* Someone who is practical, helpful and will not judge you.
* Someone who can help you find activities that may suit you and if needed can go with you to try them out.
* Someone who can help you decide what you would like to do to feel healthier and happier
* Someone who can help you make appointments and access support for form filling, help and advice.
* Someone who will give you support along the way.

Social Prescribers can look for services in your community such as:

* Befriending and social clubs.
* Counselling and support groups.
* Volunteering, training and employment opportunities.
* Access to specialist services.
* Opportunities for education and learning.
* Help to lead a healthier and more active lifestyle.
* Ways to develop your own skills and interests.

Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports

**How do I contact a social prescriber**

Contact us:

via your GP surgery

Or email:

hiowicb-hsi.social.prescribers@nhs.net

Drop-in to our information hubs:

The Crafty Makery, Fareham Shopping Centre (next to the Card Factory) on the **1st Tuesday** of the month 10am to 1pm, or Portchester Library every Thursday 2-3pm

1. **Join your Patient Participation Group (PPG)**

We are a group of volunteer registered patients at the practice and our aim is to represent patient voices at the practice and to let you know any practice updates.

We are looking for people to join the Patient Participation Group to improve communication and patient care. Anyone who wants to help and make a difference is encouraged to volunteer. Please contact via email tracy.carter6@nhs.net or write a letter for the attention of the PPG Chair at the Fareham Centre Practice.

If you have any requests for topics you would like to see included in this newsletter, please let us know.