

Patient Participation Group, Fareham Centre Practice
Newsletter

Issue no1

Welcome to the first issue of the Patient Participation Group (PPG) Newsletter. In this first edition we would like to introduce the PPG and its members and explain our aims and share future topics to help you find information and resources.

History of the PPG

The group was set up by The Surgery in 2004 with the aim of involving patients in the development of the practice. The group meets 4 times a year to review any practice surveys and plan improvements to the practice based on this and any other points raised at the meeting. We are reviewing wording on the website.

Current Group members

Chair	Pete Davison
Secretary	Marion Evans
Members	John Race, Barry Williams, Pamela Wenden, Barry Wilson, Ann Arthur and Naomi Zumpe.
Reception Manager	Tracy Carter
Receptionist	Sarah Withers
GPs	Rotating

Can you make a difference?

If you are interested in joining the PPG:

Please contact Tracy Carter or Sarah Withers in Reception via email: hiowicb-hsi.centrepractice@nhs.net.

There is also a form that can be found online, Centre practice home page, scroll down to the bottom and click on the group and on the following page, click on "Contact the PPG."

A copy of the constitution can also be found in the same area.

Health Focus Topics

Each newsletter will have a Health focus. We are always looking for future topics to put in the newsletter. If you have any suggestions or ideas, please complete a 'newsletter suggestion form' available from reception and return completed ones to reception or 'On-Line' which can be found on the first page of the website.

Today's Health Focus can be found on page 2

- Topic 1- How to find information and resources for self-help non-urgent mental health issues.
- Topic 2 - How to contact a pharmacist for advice on medication.
- Topic 3 - Vitamin recommendations for all ages

Today's Health Focus - Non-Urgent Mental Health Issues

TOPIC 1 - How to find self-care information and resources for **non-urgent mental health issues**.

- *For those who have a mobile phone or access to a computer or tablet you can access information from the FCP website. On the first page, one of the blue boxes is designated to Mental Health Issues and includes the information that may help you to self-care. (Please can you mention NHS website and italk self-referral)*
- *If you do not have access to Information technology (IT) phone numbers are included below, note some only have IT access.*

Hampshire Mind - <https://www.solentmind.org.uk/>

We're here to make sure that anyone with a mental health problem has somewhere to turn to for advice and support. Our mental health experts can help if you feel low, worried or anxious and need to talk.

Phone contact: [023 8202 7810](tel:02382027810)

Every Mind Matters - <https://www.nhs.uk/every-mind-matters/>

There are little things we can all do to lift our mood or ease our anxiety – we need to find what works for us. This could be as simple as taking a walk in nature, prioritising our sleep or opening up to a friend. Our little thing, if we keep doing it, will make a big difference to how we feel.

On-line only

Samaritans

When life is tough, Samaritans are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult: [call free on 116 123](tel:116123), [visit the Samaritans website](https://www.samaritans.org/)

Shout 85258 - mobile phone access only

Shout 85258 offers confidential 24/7 crisis text support for times when you need immediate assistance: text "SHOUT" to 85258

CALM is the Campaign Against Living Miserably, for people in the UK who are down or have hit a wall for any reason: [call 0800 58 58 58](tel:0800585858) (daily, 5pm to midnight), free, anonymous webchat with trained CALM staff, [visit the CALM website](https://www.calm.org.uk/)

Hub of Hope - No matter what you're going through, you should not have to do it alone. The Hub of Hope is a national database that brings together local mental health services. Find support near you now

Topic 2 - How to contact the FCP Pharmacist.

We have a dedicated prescription line 01329 820514 or if they need advice from a Clinical Pharmacist, they can ask reception to task our Clinical pharmacists for a call back.

Topic 3 - Vitamin recommendations for all ages

Vitamin D - what did it ever do for us?

Well, without it we can't absorb calcium from our food. No vit D means weak bones and teeth. It supports our immune system so is needed to fight off infections. It helps muscle strength so without it our muscles are weaker.

So where does vitamin D come from?

Mostly from April to September our skin makes it for us when it gets sunshine on it. From October to March, we are more covered up and spend less time outdoors and the sun is much weaker anyway. We get a little bit of vitamin D from our food, but we just can't get enough this way.

So, from October to March, people aged 5 and over should take a vit D supplement. Luckily the supplements are the cheapest vitamins that can be bought. The recommended daily dose is 400iu's, sometimes shown as 10 micrograms. If you are not the outdoor type, tend to cover your skin outdoors or have darker skin, you ought to take a supplement all year.

Children under 5 should have supplements of vitamins A, C and D. Speak to a pharmacist for advice on this.