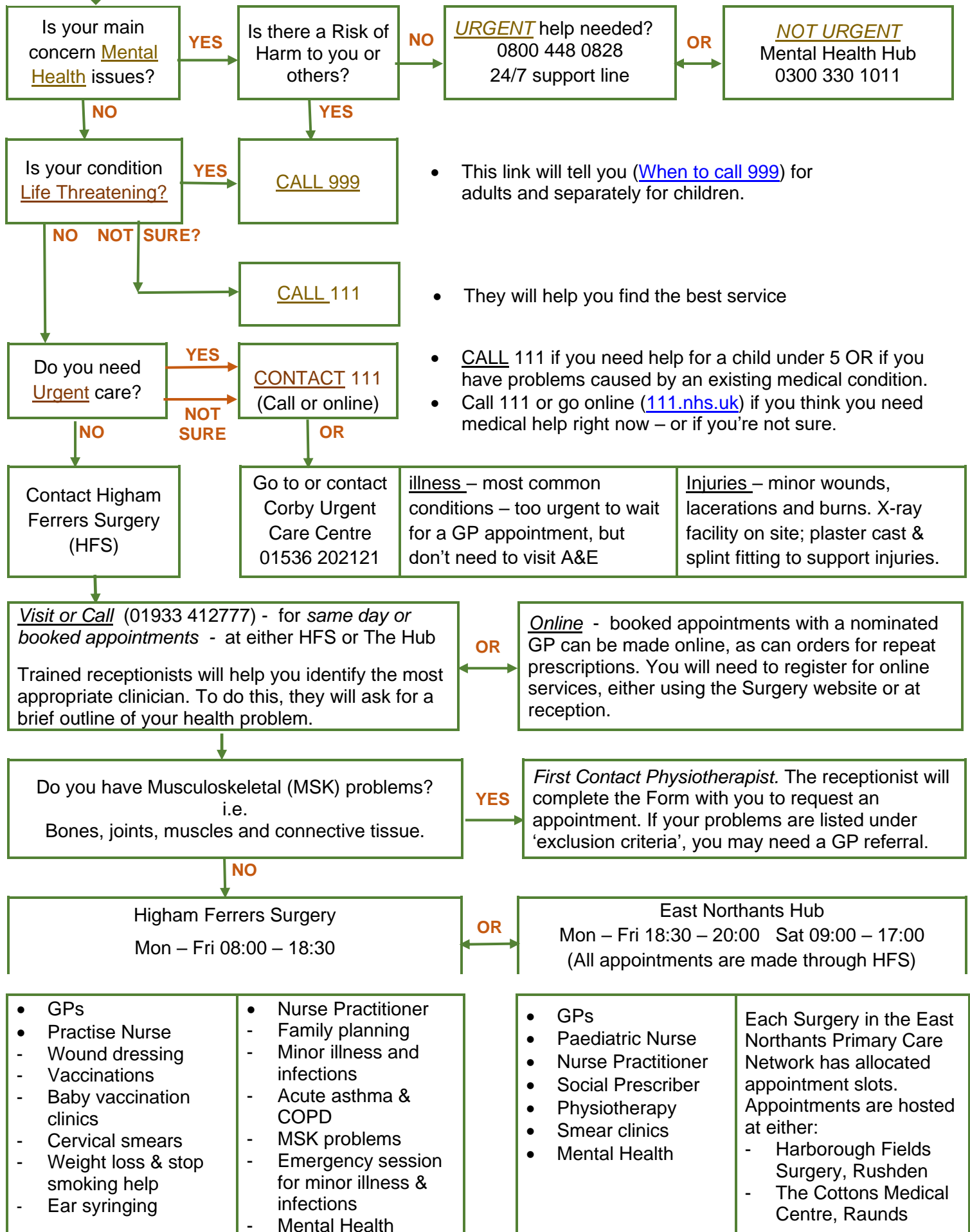


Patient Pathway – Higham Ferrers Surgery (July 2023)

Print off a copy
and keep it in a
safe place

START HERE



Patient Participation Group

July 2023 Newsletter

Visiting and Calling times for HFS

To help reduce queuing times, please use the following access times: Test results – 10:00am to 3:00pm; Prescriptions – 1:00pm to 6:00pm; Referrals and insurance report queries – 9:30am to 4:00pm.

Thank you.

First Contact Physiotherapists (FCPs)

It is estimated that Musculoskeletal (MSK) conditions account for 30% of all GP appointments.

FCPs are physiotherapists with enhanced skills – assessing & diagnosing issues, giving expert advice on how to manage conditions and referring onto specialist sources if necessary. Some Primary Care Networks, estimate that up to 60% of cases handled by FCPs don't need to go on to see a doctor.

FCPs can provide a timely resolution to problems, whilst helping GPs to manage their workload more effectively.

Improving Mental Health & How to Get Help

This was the first Talk hosted by the PPG at The Bede House on 11th July and attended by 45 people.

One of the PPG's objectives is to host "events to increase awareness of particular health conditions and help resources available".

The majority of people who came along, said they had found it helpful. We learned some lessons on how to improve events like these in the future. A copy of the slides used for the Talk can be found on the PPG page of the Surgery website.

We are planning to have another one later this year on a different subject.

Diary dates

South Asian Heritage Month - 18th July to 17th August. Aims to raise the profile and contribution of British South Asian history in the UK.

<https://www.southasianheritage.org.uk/>

World Breastfeeding Awareness Week

1st to 7th August

A global campaign that aims to "inform, anchor, engage and galvanise action on breastfeeding and related issues". <https://worldbreastfeedingweek.org/>

Looking ahead – Cycle September 2023

Cycle September "is a fun, free, and friendly biking challenge for you, your friends and co-workers". You can ride anywhere, anytime in September to participate. Register with [lovetoride](https://www.lovetoride.com/) – there are prizes to be won!

Did you know? . . .

If you run out of a medicine that you get regularly on repeat prescription, you can request a limited, emergency supply from 111online. This does not apply to antibiotics for a new or recent problem or controlled drugs that require identification to collect. The normal rules for prescription charges apply.

Hydration is important

Water makes up half our body weight, so it's always important to keep properly hydrated.

The recommended minimum is 6 to 8 glasses or cups of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee all count.

You may need to drink more than this if you are pregnant or breastfeeding; in a hot environment – or in hot weather; physically active for long periods or ill / recovering from illness.

If you're sweating a lot due to physical activity or if you're unwell – water is the best way to replace lost fluids. If you don't like the taste of water, try sparkling water, no added sugar squash, or add a slice of lemon or lime.

NHS guidance is that "most people should aim to drink enough during the day so their pee is a clear pale yellow colour".

The best drinks to give children are water or milk – avoid sugary fizzy drinks, squash or juice drinks completely.

For guidance on the symptoms of dehydration & where to seek help, please see this [NHS dehydration guide](https://www.nhs.uk/conditions/dehydration/).