

**Fundraising** We continue to raise funds from the sale of good quality second hand books kindly donated by patients. Our most recent purchase was a dedicated printer for the Practice's Anticoagulant Service so that patients can have their results and dose of Warfarin printed out there and then at the clinic. Our fundraising helps the Practice to purchase equipment which is not normally available via use of NHS funds so is of additional benefit to Acorn patients.

## NEW MEMBERS

We have been fortunate to recruit several new members to the Acorn Patient Team this year. We are a friendly group of patients who work closely with the Practice to make suggestions about service delivery; we have input into and manage the Patient Survey, we make recommendations about the results of the national patient survey and work jointly to plan, organise and deliver regular Health Awareness events.

Why don't you join us? Please see here  for our information leaflet or contact the Practice Manager, Trish Hawitt Palmer, for more information.

## Sign up to Patient Online to view your medical record



Many of us now access our records online so we can order our repeat prescriptions, view allergies, medicines, information in our record and make, amend or cancel appointments. To keep our patient information safe, the Practice needs to see photo ID to verify you before they can release your personal log in details. There's more information here

<http://www.nhs.uk/aboutNHSChoices/aboutnhschoices/find-and-choose-services/Pages/gp-online-services.aspx>

## Need to find local health services quickly? New 'MyHealth' app for Cambridgeshire and Peterborough

Quick and easy to use, the 'MyHealth Cambridgeshire & Peterborough' app will direct you to your nearest appropriate NHS service, including GPs, pharmacies, minor injury units, dentists based on your location or postcode. Free to download in English, Polish, Latvian and Lithuanian, it provides up to date information on current services including directions, opening hours and contact details.



Download for iOS via Apple Store, Android via Google Play, and Windows phones via Microsoft Store by searching for 'MyHealth C&P CCG'.

<http://extranet.cambridgeshireandpeterboroughccg.nhs.uk/easyweb/getresource.axd?assetid=7058&type=0&servicetype=1>

## Dates for your diary

PPG meeting dates for the rest of 2017 are Tuesdays 6-7pm

30<sup>th</sup> May  
27<sup>th</sup> June  
25<sup>th</sup> July  
22<sup>nd</sup> August *\*week earlier than usual*  
26<sup>th</sup> September  
31<sup>st</sup> October  
28<sup>th</sup> November (AGM)

Please feel free to come along and see what we do! New members



always very welcome. Contact us at [acorn.enquiries@nhs.net](mailto:acorn.enquiries@nhs.net)

Minutes of meetings can be found on the Practice website.

Thank you to all those patients who called in to cancel their appointments when they no longer needed them or couldn't make it. The **appointment cancellation line 483133** is there for the benefit of patients, so that when a cancellation is made, another patient can have the appointment we cancel.

We are keen to organise further Health Awareness Events and Health Topic Speakers. Please offer your ideas on what you would like to know more about by emailing Trish Hawitt Palmer [trish.hawittpalmer@nhs.net](mailto:trish.hawittpalmer@nhs.net)

**NEED HELP USING THE INTERNET?** Click this link for online help from NHS Choices. <http://www.nhs.uk/NHSEngland/digital-inclusion/Pages/get-online-take-control-of-your-health.aspx>



# acornsurgery

## news



Don't forget – if you are aged 40-74 and don't have a pre-existing health condition, you are eligible for a free NHS Health Check. We can check your blood during the appointment and you can have your result without delay! Just contact us to book. For more information visit the NHS Choices website or click this link <http://www.nhs.uk/Conditions/nhs-health-check/Pages/NHS-Health-Check.aspx>

### PRISM (Primary care service for mental health) is a new service run by

Cambridgeshire and Peterborough NHS Foundation Trust. Acorn Surgery has been a pilot Practice since August 2016 providing specialist support so that patients with mental health conditions can access prompt advice, receive help in a community setting (at their local GP Practice) and experience a more joined-up approach to their care.

PRISM is for anyone aged between 17-65 years with mental health conditions and is based on a person's needs rather than their diagnosis. PRISM aims to ensure patients get the right treatment in the right place at the right time by the right person based on their need.

If you have any questions about the service, please e-mail [communications@cpft.nhs.uk](mailto:communications@cpft.nhs.uk). Pictured is Coleen Rea, a qualified mental health nurse, who is currently working with us at the surgery.



We take great pleasure in announcing the important news that **Dr Sue Stanton has been made a Fellow of the Royal College of General Practitioners.** Dr Stanton was nominated for the prestigious award of RCGP fellowship in recognition of her significant contribution to medicine and general practice in particular.

We are thrilled and proud that Dr Stanton has been honoured in this way, which is fully deserved. She was recently presented with her award by the Royal College (pictured above).

#### Update - Practice Merger Plans

Over many months, there have been discussions with our patient group regarding the possible merger of the 3 Huntingdon town GP Practices, Acorn, Charles Hicks and Priory Fields. This is in line with the Government's plans to deliver primary care services at scale. An application to merge has been submitted to NHS England and we are awaiting a response. There are plans to undertake a patient consultation and in the meantime if anyone has any queries regarding the potential merger, they can email [capccg.huntsgrouppractice@nhs.net](mailto:capccg.huntsgrouppractice@nhs.net) or see the frequently asked questions on our website.

### 'BE SELF-CARE AWARE'

Local health chiefs thank patients for becoming more self-care aware and requesting fewer prescriptions for things that can be bought over the counter from pharmacies or supermarkets; these include painkillers, hayfever medication and indigestion remedies. Between April and October 2016, 21,000 fewer prescriptions were issued, saving £350,000.

The CCG and GPs have been working together to encourage patients to buy these low cost basic medications themselves instead of getting them on prescription, helping to reduce overall spend and GP consultation time. **A packet of paracetamol costs as little as 25p for 16 tablets at a pharmacy but if patients go to their GP for this, the total cost to the NHS will be approximately £45 for each request.**

Self-care is an important part of keeping well and having a well-stocked medicine cabinet can help people to treat minor illnesses and injuries at home, without the need to see GP or Nurse at their Practice.

#### CONGRATULATIONS TO BOBBIE!

We were delighted when Bobbie Greer, our Health Care Assistant was selected as the **National Apprentice of the Year for the East of England.**



She is pictured here at the Awards Ceremony in London where Health Education England's chief executive, Professor Ian Cumming, said "Apprenticeships are important in developing both the future and current workforce, training people with the skills we need to deliver excellent patient care and services. I was really inspired by apprentices like Bobbie from the East of England, who goes the extra mile by making follow up phone calls to vulnerable and anxious patients about their phlebotomy results and to explain to them the arrangements for any further appointments".

Bobbie was also selected to represent the Region as part of National Apprenticeship Week and attended Westminster to speak with the Minister of State for Apprenticeships & Skills, the Rt Hon Robert Halfon MP.

We are a very proud Team at the Acorn. Well done to Bobbie!