

# The Patford Post



[www.patfordhousepartnership.co.uk](http://www.patfordhousepartnership.co.uk)

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## News from Patford House Partnership

### CQC Inspection—A Fantastic Result for Patford House Partnership

Following our routine inspection by the Care Quality Commission on 14th April, Patford House Partnership have been awarded an overall rating of 'Good'.

Thank you to all staff and patients who helped us achieve this great result.

The CQC report does make two suggestions for improvement:

#### 1. Childhood immunisations

The NHS recommends that all babies and children receive a full course of vaccinations through their childhood. Please have a look at the NHS vaccination schedule to see if your child is up to date. If you think that your child may have missed any of these.

vaccinations, contact reception to arrange an appointment with the practice nurse.



#### 2. Patient Participation Group

Despite efforts to recruit patients to our PPG, we are still keen to hear from any patients who would be interested in joining. We would ideally like representation from all age groups (age 16 onwards). If you would like to find out more, please contact the Practice Manager at [wccg.patfordhouse-surgery@nhs.net](mailto:wccg.patfordhouse-surgery@nhs.net).

## Flu Season Will Soon Be Here!

Our annual flu vaccination campaign will begin in October. Flu Clinics will take place at Patford House on **Saturday 8th October** and **Saturday 29th October** and on **Tuesday 1st November** at Sutton Benger. Appointments will be bookable from 1st September. We will contact eligible patients by text, so please make sure we have an up to date mobile number for you.

Eligible patients include those:

- ✓ Aged 65 and over
- ✓ Pregnant women
- ✓ Chronic lung, heart liver or kidney disease
- ✓ Diabetes
- ✓ Immunosuppressed

We recommend all patients have their vaccination **at the surgery** rather than your local pharmacy so that we can document it in your medical records.

#### Useful Contacts:

**Out of Hours Care** 111

**Chippenham Hospital**  
Switchboard & Minor Injuries  
Unit 01249 447100

**The Great Western Hospital**  
Swindon 01793 604020

**The Royal United Hospital**  
Bath 01225 428331

## New Online Support for Teens—Kooth.com

Kooth.com is a website offering free, confidential online support for teenagers. Users can remain anonymous if they wish and qualified counsellors are available daily.



The site also offers the opportunity for teens to get support from people their own age via the forum and to write about how they are feeling in an online journal.

Counsellors are available online Monday-Friday 12 noon till 10pm and Weekends 6pm till 10pm.

## Stay Well in Hot Weather.....

A heatwave can affect anyone, but the most vulnerable people are: older people, especially those over 75, babies and young children, people with a serious chronic condition, especially heart or breathing problems, people with mobility problems, people who misuse alcohol or drugs, and people who are physically active.

If we get a period of very hot weather, the NHS advises the following:

- ✓ Shut windows and pull down the shades when it is hotter outside.
- ✓ Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
- ✓ Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).
- ✓ Have cool baths or showers, and splash yourself with cool water.
- ✓ Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.
- ✓ Listen to alerts on the radio, TV and social media about keeping cool.
- ✓ Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
- ✓ Identify the coolest room in the house so you know where to go to keep cool.
- ✓ Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
- ✓ Check up on friends, relatives and neighbours who may be less able to look after themselves

For more advice and information, visit [www.nhs.uk/Livewell/Summerhealth/Pages/Heatwave.aspx](http://www.nhs.uk/Livewell/Summerhealth/Pages/Heatwave.aspx)



## Summer Bank Holiday

Patford House Surgery and Sutton Benger Surgery will be **closed on Monday 29th August.**

Please ensure you order any necessary repeat medication in good time.

## Shingles Vaccination Clinics at Patford and Sutton Benger

We are holding a Shingles Vaccination Clinic at Patford on 22nd July. If you have received an invitation, please contact reception to book. Sutton Benger patients can contact reception to make an appointment with the Practice Nurse.

The shingles vaccination programme was introduced to help protect those most at risk from shingles and its complications.

Vaccination can help protect you against shingles, which can be very painful and occasionally can result in chronic nerve pain.

