Botesdale Health Centre

Patient Participation Group (PPG) Newsletter – April 2021

Welcome to our fourth PPG Newsletter – we hope that you will find the articles both informative and helpful

Changes to the Provision of Primary Care

Over the past year we have all noted so much organisational change which has evolved within the NHS and specifically Primary Care.

For Botesdale Health Centre, a major change is that we are now requested to complete an e-consult form on-line via the Botesdale Health Centre Website. We complete the form with signs and symptoms of our problem. Once completed and sent, the Botesdale Health Centre Practice GPs will review the e-consult form and a Patient will be given appropriate advice very speedily as to the next course of action they should take.

This has transformed the need to telephone the Practice for the majority of appointments. The Health Centre telephone lines are exceedingly overwhelmed at present, and system modification of telephones is to take place; therefore the message from Botesdale Health Centre is to encourage everyone to complete an e-consult form if they are able which will free telephone lines for very urgent requirements only.

The PPG

The PPG has grown over 2020-21. We now have a further Committee Member, and a new volunteer to add to our PPG list.

We are so grateful and thank all our volunteers who assist with roles on Covid Vaccination day's. Please do email if you would like to find out more about the role of The Patient Participation Group within Botesdale Health Centre - email Janet Russell at botesdaleppg@gmail.com

We are an eclectic group of interested patients and one of our Committee Members from Hartismere School Sixth Form has written from her perspective as a 17 year old, on the implications of the Covid Vaccine.

> *'Over the past year everyone has struggled to maintain a sense of normality as there has been so much uncertainty. The ability to socialise with friends & family has been treasured when allowed, but for the most part thoroughly missed. The opportunities that the vaccine provides for returning to our pre-Covid lives is something that can only be seen as beneficial, not only on an individual level but so that the population can return to the lives they enjoyed before the Pandemic struck.*
>
> *Anyone who is eligible to have the vaccine should build their and the country's immunity, so that we can come out the other side of this together'*

Health & Fitness – Botesdale Recreation Ground

With the easing of Lockdown. We look forward to the future and taking care of our own health and fitness Jean Wright, PPG Committee Member has information to share with Patients of Botesdale Practice.

'As a Committee Member of the PPG (Patient Participation Group) and also being on the Sub-Committee of the planned Botesdale Recreation Ground Regeneration, I am interested in considering Health & Fitness for all age groups post -Covid. With this in mind I met (Socially Distanced) with Jo Burnett, The Botesdale Health Centre Social Prescriber, to see how the Recreation Regeneration plans may assist with her work encouraging people to be more active. Jo was enthused with the planned equipment the Botesdale Recreation Ground will have to offer, specifically with the emphasis on equipment for people who are older which is a new addition to current equipment in the Botesdale Recreation Ground'

LifeLink Coordinator/ Social Prescriber

If patients would like assistance regarding Physical or Mental Health & Fitness they can self-refer to Jo Burnett either via the Health Centre or the link below.

The Bury Rural LifeLink email for referrals is: Bury Rural-lifelink@westsuffolk.gov.uk

For those who do not have access to email, referrals can be posted to Jo Burnett, LifeLink, West Suffolk Council, West Suffolk House, Western Way, Bury St Edmunds IP33 3YU

Dispensary

There is a message from the Dispensary Manager Paula Wood for the Patients

> '*The delivery service has been expanded to include over 75's, COVID shielding patients, palliative care, housebound, and those with two or more long term conditions. Please ask the Dispensary Team'*
>
> *'Two new team members, have recently been recruited for the Dispensary, so we are pleased that it is now fully staffed'*

Community Action Suffolk

Community Action Suffolk(CAS) has requested that as many patients as possible be informed that CAS are organising schemes to assist in COVID times.

BUDDY UP - Covid Support Buddies

The Covid Support buddy project funded by Suffolk County Council will work across Suffolk to develop a network of Specialist Covid Support Buddies.

We all know the kindness of a volunteer can make such a difference. Covid Support Buddies will help people to get back into their community to start enjoying life again while remaining Covid safe. If you would like support from a Buddy please contact HOME BUT NOT ALONE on 0800 876 6926