

You may want to stick this page on your noticeboard or fridge as a useful guide

The Limes Medical Centre

65 Leicester Road

Narborough

LE19 2DU

Tel: 0116 2864421

Fax: 0116 2847980

Web: www.limesmedicalcentre.co.uk

PPG Website: www.thelimesppg.org.uk



Spring/Summer 2017

The Limes PPG Newsletter

Carers

Welcome to the Spring Newsletter prepared for The Limes Medical Centre with the help of your Patient Participation Group.

Our subject this time is care because sometimes being a carer isn't obvious, even to the carer. The definition of a carer is someone who provides unpaid support and care to a family member or friend who is ill, frail or disabled or has mental or substance abuse problems. It could be a few hours a week or around the clock, in your own home or at a distance. So, are you a carer? If so, it would be tremendous help if you could let the Practice know, there are things they can do for you and they can point you in the right direction to get any support you may need. Care can be stressful and have a negative effect on the wellbeing of the carer, so it is in all of our interests that people in these circumstances receive support.

Repeat Medication

To help reduce medicines waste, we are asking patients to order their repeat medication through The Limes only. Checking your stock and then ordering directly with The Limes will reduce the chance of items being ordered that are no longer necessary. Unused medicines cannot be recycled or reused, even if you return them to your community Pharmacy. Further information about how to order is available within this newsletter.

MSK Service

We also have a piece in our latest newsletter about The Limes' MSK team and the patients that they are able to see without having to see a GP first, along with how to book with John or Richard.

Cancelling appointments - Please phone the surgery on the above number and select the appropriate option.

Between the hours of 1800 and 0830 the phones are not manned, the service is covered by the local Clinical Commissioning Group.

Out of Hours—Call 111

Please visit The Limes website above or the East Leicestershire and Rutland CCG for up to date contacts and useful information.

www.eastleicestershireandrutlandccg.nhs.uk

Follow us on Twitter for up to date surgery and health information:

 @limesnarborough

**THE PPG* EDITOR working together with The Limes
(*Patient Participation Group)**



Are you a Carer?

Even though you might see yourself as a wife, husband, partner, sibling, daughter or son, it's important to recognise that you are still caring for someone. It is very important that you **inform the Surgery** if you are a carer so we can update your records. We can also give advice and signpost you to local carers' organisations. There are groups for carers who want to meet other people in the same situation, and organise activities and social events for carers, who say they often feel isolated. The support and friendship of other carers can be important in helping you cope in your caring role.

Get free, confidential information and advice on caring

by calling the Carers helpline on:

0300 123 1053

'3rd Party ordering'—Changes to Ordering of Repeat Prescriptions

As mentioned on the first page of this newsletter, patients will now have to order their repeat medication through the Practice unless you are on a dosette box, housebound, elderly or in a vulnerable group. You can order your repeat medication:

Online—register for online services and you can order your medication when you need it

At the Surgery—Please drop off your repeat slip in our designated area. It will then be sent to your Pharmacy of choice within 48hrs. **Please re-order your medication with plenty of notice and medication remaining.**

IF YOU ARE NOT TAKING CERTAIN MEDICATION THEN PLEASE INFORM US SO WE CAN UPDATE YOUR RECORDS

 @limesnarborough

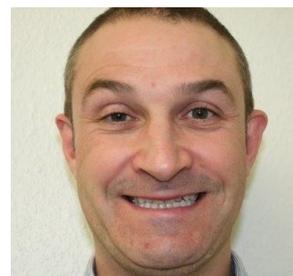
hello my name is...

MuSculosKeletal Service

We are very fortunate here at The Limes to have 2 highly skilled ESP (Extended Scope Practitioners) that our patients can **book directly** with and even make appointments online. Our MSK service is available to The Limes' patients only. They can provide an expert assessment of musculo-skeletal (muscle and joint) problems and advise on initial management.

Both John and Richard can inject, refer for x-ray or refer for further investigations as appropriate. This does not mean that they will provide ongoing formal Physio treatment as this can be done via the normal department. This also means that our GPs are able to see more appropriate patients, and indeed will seek further advice from our MSK service themselves, so appropriate booking will mean not having to make 2 appointments.

There is evidence that one good session with an experienced clinician with appropriate advice & home exercise programme is effective and that many patients don't need multiple physio sessions. Under 16 year olds will need to book an appointment with a GP first. Currently Richard and John work Mon am, Tues pm, Weds pm and Fri pm



Mr Richard Wood



Mr John Haynes

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