



## **The EMP Patient Participation Group (PPG)**

### **Spring 2025 Newsletter**

Your PPG want to give you a regular update on what is happening at Elvington Medical Practice as well as keep you informed of any news or changes.

First of all, your PPG are a group of volunteer patients registered with EMP who have no medical training but have an interest in the provision of local health services.

#### **What is the purpose of a PPG?**

- To give patients the opportunity to provide feedback to the practice
- To represent the views of patients
- To provide a confidential space for all patients to voice their concerns
- To encourage activities and events within EMP as well as support events such as Flu vaccination clinics
- To develop projects that help other patients, such as befriending, help with transport and bereavement support
- To gather feedback on health services in the area
- To help patients understand the challenges faced in General Practice

**“A PPG is a group of people who work with their practices to provide practical support, to help patients to take more responsibility for their own health, and to provide strategic input and advice. They are based on cooperation between the practice staff and patients. They help to improve communication and engagement.”**

#### ***National Association of Patient Participation (NAPP)***

#### **Who are the PPG at Elvington Medical Practice?**

We are a group of patients who live in Elvington or in one of the surrounding villages. We each bring a range of experience, skills and abilities to the team. We are keen to work with EMP to ensure every Patient gets the service, care and health provision they need to be well and healthy. We are always keen to hear from you. Feedback forms are available in the Practice Waiting Room for you to complete or if you prefer you can speak to one of our members. We are here to listen, support and follow up on any issues of concern.

## **Let's start by telling you about the Structure at Elvington Medical Practice ....**

### **Who are the Senior Clinical Team?**

**Senior Partner** - Dr Nicole Kessen

#### **GP Partners**

Dr Rachel Chadwick   Dr Jamie Ingham   Dr Nathan De Barr   Dr Sarah Bird

**Salaried GPs** - Dr Jon Wells   Dr Maddy Hawkins

#### **General Practitioners (GPs)**

GPs are medical doctors who oversee all aspects of patient care. As well as caring for patients directly, they support other members of the practice team to plan and deliver safe and effective care for patients.

#### **They can help by:**

- Diagnosing and treating health conditions and prescribing medication where appropriate
- Ordering tests and interpreting results
- Referring you to hospital and other medical services for urgent and specialist treatment.

#### **Registrars**

Dr Eleanor Warburton

Dr Swe Kyaw Lin

Dr Samad Naushahi

On a six month placement with the Practice as part of their GP training.

### **The Senior Management Team**

#### **Practice Manager**

Mrs Abigail Holdstock

#### **Operations Manager**

Mrs Louise Morris

We also have an **Advanced Care Practitioner at EMP, Stephen Stewart**

**Advanced Practitioners** come from a range of professional backgrounds such as Nursing, pharmacy, physiotherapy and paramedics. They are highly trained and have the knowledge and skills to manage all aspects of patient care. They can help by:

- Diagnosing and treating certain health conditions
- Ordering tests and interpreting results
- Prescribing medicines

**Next time – Let's start by telling you all about the Pharmacy and Dispensary Team.**



## HAY FEVER



Hay Fever is an Allergic condition and can affect up to 1 in 5 people at some point in their life. You'll experience Hay Fever symptoms if you have an allergic reaction to Pollen.

Pollen is a fine powder released by Plants as part of their reproductive cycle. It can cause the Nose, Eyes, Throat and Sinuses to become swollen, irritated and inflamed.

You can have an Allergy to one or all of the following:

- Tree Pollen is released during Spring
- Grass Pollen is released during the end of Spring and beginning of Summer
- Weed Pollen, released late Autumn

Many people find their symptoms improve as they get older.

Hay Fever is sometimes called Allergic Rhinitis which can also be triggered from Dust Mites and Mould Spores.

### Symptoms

The symptoms of Hay Fever can include:

- Sneezing
- Runny or Blocked Nose
- Itchy, Red or Watery Eyes
- An Itchy Throat, Mouth, Nose and Ears
- A Cough caused by the Mucus dripping down the Throat from the back of the Nose



If you are an Asthma Sufferer your Asthma may get worse when you have Hay Fever.

### Treatment

Unfortunately, there isn't currently a cure for Hay Fever, but most people can relieve their Symptoms with over-the-Counter Medication from a Pharmacy. One treatment option is using Antihistamines. A Pharmacist will advise you what best to take, depending on what other Medications you take.

The most effective way to control Hay Fever would be to avoid exposure to Pollen. However, it's not always very easy to avoid Pollen, particularly during the summer months.

### Who's affected?

You can get Hay Fever at any age, but it usually begins in Childhood or during your teenage years. It's more common in Boys than Girls but as Adults, Men and Women are equally affected. You are more likely to develop Hay Fever if there is a family history of Allergies, particularly Asthma or Eczema

### Symptom Prevention

It's sometimes possible to prevent the symptoms of Hay Fever by taking some basic precautions.

- Wear Wraparound Sunglasses to stop Pollen getting in your Eyes when you're Outdoors
- Take a Shower and change your Clothes after being Outdoors to remove any Pollen on your Body
- Stay Indoors when the Pollen Count is at its Highest
- Apply a small amount of Petroleum Jelly (Vaseline) to the Nostrils to trap Pollen

### Did you know ....

The PPG at EMP are collecting unloved or unwanted Bras for Breast Cancer Research. Can you give us your support??

From Monday 14<sup>th</sup> April, a bin will be placed in the Waiting Room where you can place your unwanted Bras (must be clean). They will be taken



to be recycled and all monies raised will go towards Breast Cancer Research.



So, come on ladies, you can start your decluttering right now!

Your support in this initiative is greatly appreciated.

## Are you aware ...

Nimbuscare offers a private, competitively priced **ear microsection** service. While other providers are available your GP may refer you to an NHS waiting List for significant cases, Nimbuscare offer a quick and convenient service.

## What is Microsuction?

- A gentle vacuum-based method for earwax removal
- Safer and more effective than syringing
- Minimises risk of infection.

## Pricing:

Home appointments - £70 for both ears / £45 for one ear.

In-Clinic at Acomb Garth £50 for both ears.

Book an appointment today on **01904 943 690** or email: [nimbuscare.co.uk](mailto:nimbuscare.co.uk)



The PPG has a vacancy, if you are interested in joining us, please write telling us why you would like to join the group and what you can offer. We look forward to hearing from you.

Email: [ppgelvinton@icloud.com](mailto:ppgelvinton@icloud.com)

# Every Medical Practice has a PPG as it is mandatory but what do we do?

## We help the practice to improve services:

- Provide patient feedback to the practice
- Improve practice facilities and the experiences of patients
- Carry out surveys to understand patients' views

## We can offer support to other patients, including:

- Offer bereavement support
- Set up carer's groups
- Set up volunteer transport schemes for medical appointments

## Provide information:

- Produce patient newsletters for the practice
- Make sure information and advice is user friendly (e.g. by providing feedback on leaflets and other materials)

## Arrange special health events:

- Arrange for training in basic first aid for patients
- Raise awareness around particular issues or illnesses
- Awareness for particular cultural groups around issues that relate to them

## PPG is not:

- A forum for complaints
- A vehicle for people to resolve their own personal issues
- A doctor's fan club

## What are the benefits of a PPG?

### Good for the patients because:

- Patients can take an active role in their own health
- Patients will have a better understanding of how the practice works
- Patients can be informed about what is happening in the practice
- Patients will be able to influence what is happening in the practice
- Patients will have a forum to discuss and feedback on wider issues with health services in the area
- Patients will have a forum to suggest positive ideas and voice concerns

### Good for the practice because:

- Practice staff can listen to patients' views
- They will be able to get help from patients for projects and events
- They will form a relationship with their patients
- PPGs can take an active role in informing the whole patient population about what is happening in the practice

### Good for the community because:

- Patients will have a group that represents them
- Patients will be more informed about what is happening in the practice
- Patients will have an opportunity to become involved in community projects.

## May - Stroke Awareness Month



## Every day in May, 240 people will wake up to the life-changing impact of a stroke

Stroke Awareness Month in 2025 is in **May**. It's also known as Action on Stroke Month or Make May Purple. Every year, millions of people are affected by strokes, which remain one of the leading causes of death and disability worldwide.



Stroke Awareness Month takes place every **May** to highlight the realities of stroke, the importance of recovery support, stroke prevention and causes. Discover ways to get involved, and join us in raising awareness of stroke and its effects.

The Stroke Association designated the month of **May** as Stroke Awareness Month. During the month, extra efforts are made to raise awareness about the ailment to reduce stroke cases around the world.

Make **May Purple**, Action on Stroke Month, is a beacon of hope and a call to action. This special month, spearheaded by the Stroke Association, highlights strokes, aiming to boost awareness, encourage research, and guide prevention.

There are several different signs that a person may be having a stroke, including these:

- Sudden numbness or weakness on one side of the face, arm or leg
- Sudden difficulty seeing, in one or both eyes, possibly accompanied by headache
- Sudden confusion that might include trouble speaking or difficulty understanding speech
- Sudden difficulty with walking including loss of balance, dizziness or loss of coordination

To help people remember the signs and symptoms, people can use the acronym F.A.S.T.



Produced by Elvington Patient Participation Group