

## ARE YOU AWARE OF “PATIENT CHOICE”?

If you are being referred to hospital by your G.P., you have the right to choose which hospital you are referred to. If you have a preference, then specify this at the time your G.P. is referring you. If you do not state a preference then the G.P. will refer you to the hospital that has the earliest available appointment date. Healthwatch Lincolnshire recently carried out a survey in our Practice and found that “most” patients knew about Patient Choice!

**MY HEALTH LINCOLNSHIRE!** The Boston Clinical Commissioning Group, (Holbeach Medical Centre is a member) have produced an app which can give you useful information on health matters. Download the app at: [www.myhealthlincolnshire](http://www.myhealthlincolnshire)

## NEED SOME ADVICE?

Try contacting *LINCS2ADVICE* on 0844 257 0042, Mobile: 0300 303 8789 or [www.lincs2advice.org.uk](http://www.lincs2advice.org.uk) This is a **FREE** service available to the residents of Lincolnshire and provides advice on money, health, care, legal, family, home and work related issues.

## WHAT IS THE PATIENTS’ PARTICIPATION GROUP?

**We are a group of Volunteer Patients from the Holbeach Medical Centre** who are undertaking to be a “critical friend” of the Holbeach Medical Centre. We would like to make Patients aware of changes that the Practice is making. Sometimes Patients who do not often visit the Medical Centre or who are unable to access the Internet, are unaware of improvements to services.

**We aim to produce 4 newsletters a year, but because of the high cost of postage these Newsletters will be distributed by collection from the Holbeach Medical Centre; Boots the Chemist; Holbeach Pharmacy; The Library, or with your written consent, via email. (Consent forms available from the Medical Centre or from the website) .**

**The PPG is unable to respond to complaints; deal with Patient-specific issues; or have access to medical records.** The Holbeach Medical Centre does have a Complaints Procedure. If you have a formal complaint, please contact the Reception Desk for a copy of the Complaints Procedure, or ask to speak to the Practice Manager.

**PLEASE JOIN US:** If you are interested in joining the PPG—See Medical Centre Reception for an Application Form. New members always welcome.

**FUTURE NEWSLETTERS:** If you have ideas or suggestions of what you would like to see in future Newsletters, please let us know by writing to the PPG at the Medical Centre address.



## HOLBEACH MEDICAL CENTRE

Park Road, Holbeach, Spalding, Lincs.,  
PE12 7EE

Surgery & Enquiries : 01406 423288  
[www.holbeachmedicalcentre.co.uk](http://www.holbeachmedicalcentre.co.uk)

## PATIENTS’ PARTICIPATION GROUP NEWSLETTER—SUMMER 2017

Welcome to the Summer Edition of the Holbeach Medical Centre Newsletter produced jointly by the Holbeach Medical Centre and the Patients’ Participation Group.

### GRAND EASTER RAFFLE

- **Huge thanks to all those who supported the Easter Raffle. Thank you to everyone who donated prizes and to those who bought tickets.**
- **Prizes have been presented to the winners and there is a list of prize recipients on the Waiting Room Notice Board.**
- **We are delighted to announce that the Raffle made £380 which will be put towards providing ergonomic chairs for the surgery to improve Patient comfort.**

## NEWS & INFORMATION

### HOLBEACH CHILDREN'S CENTRE—Early Years

based at Holbeach Primary Academy, Boston Road, Holbeach

Telephone:01406 426064

Lots going on daily for Babies, Toddlers, Under 5's and Parents

Find out more by:

- ◆ phoning the telephone number above (01406 426064)
- ◆ or looking on line at [www.lincolnshire.gov.uk/parents/childrens-centres](http://www.lincolnshire.gov.uk/parents/childrens-centres)
- ◆ or find them on Facebook: South Holland Children's Centres
- ◆ Email [HolbeachCC@lincolnshire.gov.uk](mailto:HolbeachCC@lincolnshire.gov.uk)

### THEY ARE THERE TO HELP!

### CITIZENS ADVICE—SOUTH LINCOLNSHIRE

They offer free, confidential and impartial advice on the big issues affecting people's lives. Do you need to know your rights with regard to: welfare benefits, debt, employment, housing, consumer or relationship issues? If you need advice on any of the above subjects visit one of the Citizens Advice offices:

**HOLBEACH: Holbeach Youth Centre, Boston Road South, Holbeach PE12 7LR. Opening times = Friday 10 am—3 pm** (Drop in for a 15 minutes Gateway assessment am, prior to being offered an appointment)

**LONG SUTTON: The Market House, Market Street, Long Sutton PE12 9BN Opening times = Monday 10 am—3 pm** (Drop in for a 15 minutes Gateway assessment am prior to being offered an appointment).

**SPALDING: Council Offices, Priory Road, Spalding, PE11 2XE Opening times = Monday—Friday 10 am—3 pm**

## PRACTICE NEWS & REMINDERS

### THE "CYBER ATTACK"

**APOLOGIES** to any Patient who may have been affected by the disruption this caused to our Medical Centre. Although it was completely out of the Medical Centre's control, it is hoped that sufficient measures have been put in place to prevent any further occurrence.

### OUR NEW DOCTOR

We are delighted to welcome **Dr Selvi Somasundaram** to our Team at Holbeach Medical Centre. She will currently be available for appointments on Thursdays and Fridays.

### CCG SEXUAL HEALTH BUS

This **Information Bus** will be in the Boston Road Car Park on **Wednesday 21st June 2017.**

### ONE YOU EATING WELL campaign - Lincolnshire

Contact the following link to help avoid Type 2 Diabetes and Weight Issues:

**[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)**

The site has advice and apps that can be downloaded to help you with diet and life-style changes throughout June and July, including avoiding/fighting Type 2 diabetes.

From 28th June pop into your local Lincolnshire Co-op pharmacy for your free program pack, advice and weekly weigh ins to help with a 12 week weight management programme.

### SPECIALIST NON-EMERGENCY PATIENT TRANSPORT SERVICE

From 1st July TASL will be providing a quality non-emergency patient transport service to people in Lincolnshire who have a medical condition that prevents them from travelling to hospital by other transport to attend their medical appointments. To find if you are eligible call the Contact Centre on 0808 1644586

### HOLBEACH FOOD FESTIVAL—Saturday 1st July 2017

Taking place in Carter's Park, Holbeach, and a great day out.

It is hoped that Holbeach Medical Centre will be represented, and leaflets relating to health issues will be available.