

## NEWSLETTER

Issue 54

SUMMER 2021

### PPG Committee Members

Sue Stanbridge (Chairman); Mary Chamberlain (Vice Chairman); Joanne Adam (Treasurer); Jane Al-Kailani; Pippa Doran; Ruth Ellis; Elizabeth Malik; Yvonne Massie; Stephen Parris & Fiona Pring.

The aim of the PPG is to give patients an opportunity to become actively involved with the doctors and staff in planning and developing new services and to take an active interest in their own healthcare.

### VERBAL ABUSE

**PLEASE SHOW RESPECT TO  
ALL STAFF AT  
KINGSWOOD SURGERY  
THEY ARE WORKING HARD  
TO HELP YOU**



There is an appalling video on YouTube entitled “ If I die it will be your fault”

<https://www.youtube.com/watch?v=hAM3fSDq9kA&t=0s>

It shows receptionists from various surgeries stating some of the abuse they have received recently.

It is with much regret that this abuse is happening at our own Kingswood Surgery - to all members of staff!

The surgery has remained open over the past very difficult and unusual year, with all staff working to ensure the usual high standard of care is maintained, sometimes at some risk to themselves.

It is totally unacceptable that these hard working members of staff are abused verbally when a request cannot be fulfilled as quickly as normal. The triage system ensures any extremely unwell patient can be seen or given advice within a few hours, but for other complaints there may well be a wait, **so please be patient!**

The wonderful staff care for nearly 11,000 people and not every person can be seen exactly when they wish..... but they will be seen.

### **FEELING DOWN?**

No problem is too small—ask early if you need help. However, you may also want to type **iapt tunbridge wells** into Google as this brings up a wealth of links to websites that offer help locally.

## Advice for the Public

### The way the NHS collects data about patients is changing



## How sharing patient data with NHS Digital helps the NHS and you

The NHS needs data about the patients it treats in order to plan and deliver its services and to ensure that care and treatment provided is safe and effective. The General Practice Data for Planning and Research data collection will help the NHS to improve health and care services for everyone by collecting patient data that can be used to do this. For example patient data can help the NHS to:

- monitor the long-term safety and effectiveness of care
  - plan how to deliver better health and care services
  - prevent the spread of infectious diseases
  - identify new treatments and medicines through health research
- GP practices already share patient data for these purposes, but this new data collection will be more efficient and effective.

This means that GPs can get on with looking after their patients, and NHS Digital can provide controlled access to patient data to the NHS and other organisations who need to use it, to improve health and care for everyone.

Contributing to research projects will benefit us all as better and safer treatments are introduced more quickly and effectively without compromising your privacy and confidentiality.

#### Data That Will Be Collected:

- ✓ data on your sex, ethnicity and sexual orientation
- ✓ clinical codes and data about diagnoses, symptoms, observations, test results, medications, allergies, immunisations, referrals and recalls, and appointments, including information about your physical, mental and sexual health
- ✓ data about staff who have treated you

#### Data That Will NOT Be Collected:

- X your name and address (except for your postcode in unique coded form)
- X written notes (free text), such as the details of conversations with doctors and nurses
- X images, letters and documents
- X coded data that is not needed due to its age – for example medication, referral and appointment data that is over 10 years old
- X coded data that GPs are not permitted to share by law – for example certain codes about I VF treatment, and certain information about gender re-assignment

If you do not want your identifiable patient data (personally identifiable data in the diagram above) to be shared outside of your GP practice for purposes except for your own care, you can register an opt-out with your GP practice. This is known as a Type 1 Opt-out. Data sharing with NHS Digital will start on 1 July 2021.

If you have already registered a Type 1 Opt-out with your GP practice your data will not be shared with NHS Digital.

If you wish to register a Type 1 Opt-out with your GP practice before data sharing starts with NHS Digital, this should be done by [returning this form](#) to your GP practice by **23 June 2021** to allow time for processing it. A copy of the form is included at the end of this newsletter.

## Coronavirus (Covid-19)

(Information correct at time of going to press)

### HAVE YOU HAD YOUR VACCINE?

The Covid-19 vaccine is being offered at local vaccination centres run by GPs, at large vaccination centres, in some pharmacies and some hospitals. Local details are in the map below.

The vaccine is currently being given to people who:

- are aged 25 or over
- are at [high risk from coronavirus](#) (clinically extremely vulnerable)
- are an eligible frontline health or social care worker
- have a condition that puts you at higher risk (clinically vulnerable)
- have a learning disability
- are a main carer for someone at high risk from coronavirus

The NHS COVID vaccination programme has been incredibly successful. Eligibility is changing rapidly, with more of the adult population becoming eligible. To see if you are eligible to book your vaccination, you can check here: <https://www.nhs.uk/conditions/coronavirus-vaccination/book-coronavirus-vaccination/>

From 20 May 2021 Kingswood patients should use the national booking service [online](#) or call 119

**All Covid-19 vaccinations will be provided through booked appointments.** Please do not directly visit locations unless you have a confirmed appointment.

*As the Covid-19 vaccination rollout continues, there will be some changes to the venues where vaccinations are given. Please click [here](#) for more information.*



## SURGERY CLOSURES

We are sorry that the surgery will be **CLOSED** for essential sta training on the following dates  
THURSDAY, 10TH JUNE FROM MIDDAY

TUESDAY, 13TH JULY FROM MIDDAY

THURSDAY, 9TH SEPTEMBER FROM 1PM

**The Surgery will also be closed on  
MONDAY, 30TH AUGUST  
FOR THE BANK HOLIDAY**

If you require urgent medical advice during this period, please telephone NHS 111 for assistance  
**DON'T FORGET TO ORDER YOUR REPEAT  
PRESCRIPTIONS IN PLENTY OF TIME**

ALLOW TWO WORKING DAYS TO COLLECT FROM THE  
SURGERY AND THREE WORKING DAYS IF YOU ARE  
COLLECTING FROM A LOCAL PHARMACY



**when it's less  
urgent than 999**

HOLIDAYS



People who want to travel abroad can now use the NHS App to show they have been fully vaccinated.

A full course is currently two doses of any approved Covid-19 vaccine. Vaccine status will be available from the [NHS App](#), which you can download from app stores.

**Your GP practice cannot provide proof of your vaccination status.**

If you are unable to access this online service, and you have had two vaccines, you can request a paper letter from the NHS by calling 119. Only call 119 if you had your second dose more than five working days ago. It may take seven working days for the letter to arrive.

## **Post-natal depression**

Post-natal depression can be very difficult to deal with. If you've recently had a child and you're finding you're not enjoying life as much as you normally do, it's possible it's more than just the 'baby blues'. Although it's predominantly women who are affected, men can be diagnosed too.

<https://www.nhs.uk/mental-health/conditions/post-natal-depression/overview/>

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/post-natal-depression>

## **Sexually Transmitted Infections (STIs)**

If you're sexually active, you need to be aware of the signs of an STI. Brook offer brilliant guidance and a symptom checker can help if you're worried. If you're concerned, please don't feel embarrassed; we've seen it all before. The sooner you're seen, the better. If you're concerned that you could have an STI because you've had symptoms or unprotected sex, you can find an NHS clinic for a free appointment:

<https://www.brook.org.uk/topics/stis/>

<https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>

## **Smoking, tobacco and vaping**

If you're a teen smoker, you might want to think about giving up. Your long-term health can be seriously affected by smoking. It's not just your health, though; smoking can seriously damage your wallet.

If you're 16 and smoke ten cigarettes a day until you retire, you'll have spent almost £130,000 on cigarettes in today's money! If inflation over the next 50 years is the same as it has been in the last 50 years, a week's worth of cigarettes will cost you almost £600.

<https://www.nhs.uk/live-well/quit-smoking/quitting-smoking-under-18s-guide/>

<https://www.nhsinform.scot/stopping-smoking/calculate-my-savings>

## **Staying healthy and National Walking Month**



1.2 million more adults were inactive during the first eight months of the COVID-19 restrictions. Walking is an easy and free way to change things, if that applies to you. Walking six miles a week or more can help to reduce your risk of dementia. There are lots of incredible ways in which walking helps your overall health. The changes in physical activity during the COVID-19 pandemic have had a negative impact on the health of many. If you're sitting at a desk all day, possibly working from home in less than ideal conditions, have you considered what types of exercises might help or exacerbate your lower-back pain?

It's not just inactivity that's having an impact; what we're eating makes a difference too. The NHS has developed a brilliant set of resources grouped together under 'Eat Well'. Providing dietary and nutritional advice, along with delicious recipes, you really can enjoy food without sacrificing your healthy diet. Overall, adults are clearly less active, so what kind of example does that set for our children? 2020 and 2021 have been years like no others, with many children having spent months learning at home with their parents and carers. Who would have thought that children would be desperate to get to school? Make the most of that enthusiasm and get them walking! It'll keep them fit, and help you get more active at the same time.

<https://www.bbc.co.uk/sport/56928594>

<https://activenation.org.uk/thelocker/may-national-walking-month/>

<https://www.webmd.com/back-pain/ss/slideshow-exercises>

<https://www.nhs.uk/live-well/eat-well/?tabname=digestive-health>

<https://www.livingstreets.org.uk/products-and-services/projects/walk-to-school-week>

## DID YOU KNOW?

### FREE outdoor exercise classes



Join One You Kent for a six week programme of free outdoor exercise classes. Starting 10 June at Calverley Grounds.

This group is available to new clients who sign-up to the One You Kent service and you will also have access to free 1:1 online lifestyle support through this programme.

Booking is essential - to book your place call 01892 554411 or [fill in your details here](#) and a member of the team will be in contact.

### CHD

If you have coronary heart disease and we invite you for a review, please come along. Reviews help us to make sure you're feeling well, and that any medication you're prescribed is doing what it needs to. We also need to know if any of your symptoms change.

If you think you're having symptoms of a heart attack, such as chest pain, light-headedness, sweating, nausea, breathlessness or pain radiating from your chest to your arms, jaw, neck, back, chest or stomach, you should dial 999 immediately. <https://www.nhs.uk/conditions/coronary-heart-disease/>

### World Blood Donor Day (14th June)

"Give blood and keep the world beating" is the theme for this year's World Blood Donor Day. Without the millions of people who give blood, unpaid, all over the world each year, the world would be a very different place. Blood donors are heroes.

From 14th June 2021, gay and bisexual men who have had the same partner for three or more months will be able to donate blood. This is a welcome change for gay and bisexual men in relationships. The more people who donate blood, the more lives we can save.

<https://www.who.int/news-room/events/detail/2021/06/14/default-calendar/world-blood-donor-day-2021>  
<https://www.blood.co.uk/who-can-give-blood/men-who-have-sex-with-men/>

### Eye health in older adults

By the time we're 65, most of us will need glasses or contact lenses, even if we didn't when we were younger. There are lots of tips that can help you to keep your eyes in tip-top condition.

When was the last time you had the pressure in your eyes checked? Increased eye pressure can be picked up by routine eye examinations. Glaucoma is a condition where your optic nerve is damaged by pressure inside your eye.

<https://www.nhs.uk/live-well/healthy-body/eye-health-tips-for-older-people/>

<https://www.rnib.org.uk/eye-health/eye-conditions/glaucoma>



### carers' Week (7th – 13th June)

The theme for this year's Carers' Week is "Make Caring Visible and Valued". As a nation we rely on an army of unpaid carers who look after those who need additional help and support.

If you're a carer, Carers' Week has a huge list of activities to help and support you. If you're caring for someone and we don't know about it, please let us know. It can help us when planning appointments for you and to support you in your caring role.

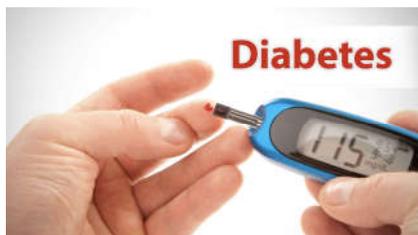
<https://www.carersuk.org/news-and-campaigns/campaigns/carers-week>

<https://www.carersweek.org/?dm t=0,0,0,0>

## DID YOU KNOW?

### **Diabetes Week (14th – 20th June)**

Whatever your stage in the diabetes journey, Diabetes.co.uk is packed with advice and information that can help you to stay healthy. If you're living with diabetes, have you considered signing up to the Diabetes Forum on Diabetes.co.uk? Packed with help and support, whether you're newly diagnosed or have lots of knowledge, it's worth taking a look. While professional support is invaluable, sometimes you just want to hear from someone who knows what it's like to walk in your shoes.



<https://www.diabetes.co.uk>  
<https://www.diabetes.co.uk/forum/>

### **Men's Health Week (14th – 20th June)**

One man in five dies before the age of 65. Yes, you did read that correctly! The challenge for us is to help to improve that statistic. Men's Health Week is focusing on COVID-19 and what's next. The toll that COVID-19 has taken on the nation's mental health is huge and men aren't always brilliant at talking about what's worrying them.

The CAN DO challenge for Men's Health Week is clever. There are five ways that you can use CAN DO to improve your mental health. Check them out, and see if you can up your game by ticking off all five at once.

<https://www.menshealthforum.org.uk/mhw>  
<https://www.menshealthforum.org.uk/can-do-challenge>

### **Cervical screening awareness (15th – 21st June 2021)**

Around a quarter of cervical cancers are diagnosed through cervical screening. If you've not had a cervical screening in the last three years and you're eligible, why not book yours today? Cervical cancer survival rates are higher the earlier cancer is diagnosed. If you're suffering from symptoms like unusual bleeding, pain/discomfort during sex or in your pelvis or lower back, or unpleasant discharge, please book an appointment to see your GP.

<https://www.cancerresearchuk.org/health-professionals/cervical-cancer-screening-and-diagnosis-statistics#heading-Zero>  
<https://www.nhs.uk/conditions/cervical-cancer/symptoms>

### **National Clean Air Day (16th June) & Breathe Easy Week (22nd – 28th June)**

Ella Adoo-Kissi-Debrah was the first person in the UK to have air pollution listed as a cause of death. At 9 years old, the impact of air pollution on Ella's life was devastating. We need to take action to make sure no one else dies because we didn't do enough.

If you've never considered the impact of our levels of pollution on the children of the UK, this may be shocking. Reducing air pollution outside schools by 20% could improve children's learning by a month per year. Have you considered how you take your children to school or how your choices impact the pollution levels around us?

Living with a lung condition can make even the simplest of tasks incredibly challenging. This week, take a moment to think about your lung health and "Love your lungs". A little effort by all of us could make a huge difference.

<https://www.cleanairday.org.uk>  
<https://inews.co.uk/news/education/air-pollution-schools-children-learning-683391>  
<https://www.blf.org.uk/take-action/campaign/loveyourlungsweek>

## **Register your Type 1 Opt-out preference**

The data held in your GP medical records is shared with other healthcare professionals for the purposes of your individual care. It is also shared with other organisations to support health and care planning and research.

If you do not want your personally identifiable patient data to be shared outside of your GP practice for purposes except your own care, you can register an opt-out with your GP practice. This is known as a Type 1 Opt-out.

Type 1 Opt-outs may be discontinued in the future. If this happens then they may be turned into a National Data Opt-out. Your GP practice will tell you if this is going to happen and if you need to do anything. More information about the National Data Opt-out is here: <https://www.nhs.uk/your-nhs-data-matters/>

You can use this form to:

- register a Type 1 Opt-out, for yourself or for a dependent (if you are the parent or legal guardian of the patient) (to **Opt-out**)
- withdraw an existing Type 1 Opt-out, for yourself or a dependent (if you are the parent or legal guardian of the patient) if you have changed your preference (**Opt-in**)

This decision will not affect individual care and you can change your choice at any time, using this form. This form, once completed, should be sent to your GP practice by email or post.

### **Details of the patient**

<b>Title</b>	
<b>Forename(s)</b>	
<b>Surname</b>	
<b>Address</b>	
<b>Phone number</b>	
<b>Date of birth</b>	
<b>NHS Number (if known)</b>	<input type="text"/>

### **Details of the parent or legal guardian**

If you are filling in this form on behalf of a dependent e.g. a child, the GP practice will first check that you have the authority to do so. Please complete the details below:

<b>Name</b>	
<b>Address</b>	
<b>Relationship to patient</b>	

## Register your Type 1 Opt-out preference

### Your decision

**Opt-out**

I do not allow my identifiable patient data to be shared outside of the GP practice for purposes except my own care.

OR

I do not allow the patient above's identifiable patient data to be shared outside of the GP practice for purposes except their own care.

**Withdraw Opt-out (Opt-in)**

I do allow my identifiable patient data to be shared outside of the GP practice for purposes beyond my own care.

OR

I do allow the patient above's identifiable patient data to be shared outside of the GP practice for purposes beyond their own care.

### Your declaration

I confirm that:

- the information I have given in this form is correct
- I am the parent or legal guardian of the dependent person I am making a choice for set out above (if applicable)

**Signature**

**Date signed**

**When complete, please post or send by email to your GP practice**

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### **For GP Practice Use Only**

Date received		
Date applied		
Tick to select the codes applied	<b>Opt – Out - Dissent code:</b> 9Nu0 (827241000000103  Dissent from secondary use of general practitioner patient identifiable data (finding))	
	<b>Opt – In - Dissent withdrawal code:</b> 9Nu1 (827261000000102  Dissent withdrawn for secondary use of general practitioner patient identifiable data (finding))	