

# Newsletter

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## Nene Valley Medical Practice

01733 366600

The appointment telephone line is closed from 12.30PM to 2pm.

Telephone Appointments and repeat prescriptions can be ordered via the Practice Website:  
[www.nenevalleysurgery.org.uk](http://www.nenevalleysurgery.org.uk)

## Introduction to the Patients Participation Group (PPG)

The PPG hold regular meetings to consider matters of patient concern and service, gathering views expressed by patients and organise improvements and so on:

Things the PPG do:

- Holds a series of events and talks throughout the year. We try to cover a wide range of medical topics;
- Suggest improvements that may help benefit patients;
- Produce newsletters informing patients of changes and items of interest;
- Fundraise to provide items not covered by the NHS;
- Survey patients annually;
- Build improved two-way relationships between patients and the Practice;

Contact Us:

If there are any matters that you would like more information on or you have any comments or suggestions about the PPG please get in touch with us via: [nenevalleyppg@outlook.com](mailto:nenevalleyppg@outlook.com)

The PPG cannot handle individual complaints. These must still be made to the Practice Manager, Mr David Mucklin

## Abdominal Aortic Aneurysm screening (AAA)

OK, IT'S ANOTHER COMPLICATED MEDICAL TERM, BUT THERE'S NO NEED TO WORRY.

The NHS Abdominal Aortic Aneurysm Screening Programme aims to reduce deaths from ruptured abdominal aortic aneurysms through early detection, appropriate monitoring and treatment.

Men in their 65th year are automatically invited for an ultrasound scan.

If you, or a family member or friend, are male and over the age of 65 and have not yet been screened you can refer yourself to the screening programme by contacting 01223 256909. Your name and address will be taken and a self-referral pack which includes an explanation leaflet and a form to fill out will be sent to you. Send this form back to Cambridge University Hospitals, Addenbrooke's Hospital, Box 288, ATC Level 5, Hills Road, Cambridge, CB2 0QQ. An appointment will be sent to you by letter, within 8 weeks.

Appointments are arranged locally, not at Addenbrooke's Hospital.

**NENE VALLEY  
MEDICAL  
PRACTICE –  
PATIENT  
PARTICIPATION  
GROUP**

**Stay well this winter:**

If you have a bad cold or 'flu', it can seem like the worst thing ever. However, it is worth thinking before heading for the Doctors'.

The recommendation from The National Institute for Health and Care Excellence (NICE) is to avoid going to your GP or A&E if you have a cough, cold, flu or earache and other such minor ailments. Generally it is possible to go to a pharmacy to get advice to help your condition or telephone 111 for advice on self-treatment.

GPs are obviously quite busy, so it is important to allow them to spend their time on more serious things when it is essential to get personal medical advice. Also, it is better to avoid sitting in a Doctors' waiting room while coughing etc. and spreading your infection to others.

In addition, we should not expect to be routinely given antibiotics for minor ailments. It is best to reserve antibiotics for situations where their use is essential, and not to use them for minor ailments.

**PPG Chair, Brian Withall and members with Practice Manager, David Mucklin presenting a cheque for £329.40 from the PPG's fund raising towards a new specialist weighing machine/printer for patients.**



**YOUR PRACTICE, YOUR SAY**