

# The King's Family Practice

## Newsletter

30-34 Magpie Hall Road, Chatham, Kent ME4 5JY ☎ 01634 810 040

December 2015

### PPG



**KING'S FAMILY  
PRACTICE**

**PPG**

**NEEDS YOU !**

We are recruiting!

Are you 18+ and can spare an hour of your time at lunch time, (1-2pm), then we'd like to hear from you.

Interested? Then email us:

[paulstephens.ppg.kingsfp@gmail.com](mailto:paulstephens.ppg.kingsfp@gmail.com)

### MENTAL WELLBEING

Are you feeling distressed, anxious, or down?

Did you know that you can also self-refer for psychological therapies? All you need to do is ring one of the numbers below.

**MHCO: 0300 555 55 55**

**KMPT: 01634 841 524**

**Think Action: 01634 406 087**

### WHO ARE THE CCGs?

Clinical Commissioning Groups are designed to be clinically led and responsive to the health needs of their local populations. They replace the functionality of Medway PCT.

They are membership bodies made up of GP practices in the area they cover. The members set out in their constitution the way in which they will run their CCG.

The constitutional law requires that members appoint a governing body who oversee the governance of the CCG and which must have at least six members including a chair and a deputy chair:

- The CCG's Accountable Officer
- The Chief Finance Officer
- A registered nurse
- A secondary care specialist
- Two lay members

Many CCGs have appointed additional members to bring added perspectives to their governing body. Details must be set out in their constitution.

Although the members of CCGs are GP practices, CCGs are required to obtain expert advice from a broad range of health professionals.

## MISSED APPOINTMENTS



In the period of 1<sup>st</sup> July to 30<sup>th</sup> September there have been **508** missed appointments. As a result we have removed \_ patients from our list.

If you cannot attend your appointment then please let the surgery know; and the appointment can be offered to someone else.

## PRESCRIPTIONS

Prescriptions can take up to 72 hours, (3 working days), to process. Please only request your medication a maximum of seven days before you are due to run out.

## OUT OF HOURS

When the surgery is closed or you are unable to get an appointment to see a clinician, you can:

- Call NHS111 for advice,
- Go to the Walk in Centre situated at:  
547 – 553 Canterbury Street, Gillingham,  
ME7 5LF

You don't need to be registered with the Walk-in Centre to be seen there. They operate a sit and wait service.

## SEXUAL HEALTH



Chlamydia is so common, it is recommended that anyone under 25 who are sexually active should get a chlamydia test once a year, or whenever they change sexual partner.

There are often no symptoms of chlamydia, so you may have an infection without knowing. An infection left untreated can lead to serious health problems, and is a leading cause of infertility!

**GET A TEST KIT TODAY!  
ASK AT RECEPTION**

## CHOOSE WELL



NHS emergency services, such as A&E and 999 are under increasing pressure and one out of every four people who go to A&E could have either self-treated for minor illnesses and injuries or been treated by other local services.

## CHOOSE SERVICES APPROPRIATELY

## CQC REPORT

Did you know that we got an **Overall GOOD** rating by the Care Quality Commission?

You can view the report online by visiting the link below:

[http://www.cqc.org.uk/sites/default/files/new\\_reports/AAAD0015.pdf](http://www.cqc.org.uk/sites/default/files/new_reports/AAAD0015.pdf)

## OTHER SOURCES OF INFORMATION

[www.patient.co.uk](http://www.patient.co.uk) - general advice and guidance

[www.kent.healthhelpnow-nhs.net](http://www.kent.healthhelpnow-nhs.net) - symptom checker

## CHRISTMAS BREAK OPENING TIMES

23/12/2015 8:00am – 6:00pm Normal Surgery

24/12/2015 8:00am – 6:00pm Emergencies only

25/12/2015 CLOSED Christmas Day

28/12/2015 CLOSED Bank Holiday

29/12/2015 8:00am – 6:00pm Normal Surgery

31/12/2015 8:00am – 6:00pm Emergencies only

01/01/2016 CLOSED New Year's Day

## OUR THANKS



A BIG THANK YOU to all of our patients who have given us a gift.

On behalf of everyone at the practice we wish you all a very HAPPY CHRISTMAS and HEALTHY NEW YEAR.