



# Fosseway PCN Newsletter

Summer 2024

Getting the most out of the  
NHS APP

Patient Participation  
Group update

Allergy advice from local  
Senior Pharmacist



# Do more with the NHS App!



## What is the NHS App?

The NHS App is owned and run by the NHS. It can be accessed by anyone aged 13 and over registered with an NHS GP surgery in England or Isle of Man. Once you have verified your identity in the app, you will have easy, 24/7 access to a growing range of health services and information.

### Your health

- View your GP health record
- Register your organ donation decision
- Take part in health research

### Prescriptions

- Order repeat prescriptions
- Nominate a pharmacy
- Check the status of a prescription

### Appointments

- Book and manage appointments with hospitals and your GP Surgery
- Book weekend appointments at local surgeries

### Help someone else

- Link profiles with people you care for, including children
- Access their health records, appointments and prescriptions

### Send and receive messages

- Contact your GP surgery
- Receive messages and notifications from your surgery through your phone or tablet

### Advice and Information

- Search symptoms, conditions and treatments
- Get health advice through 111 online
- Check your NHS number and contact details



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## Old School Surgery PPG at the Stoney Stanton Carnival

On Saturday 8th June the Old school Surgery PPG (Patient participation group) held a stall at the annual Stoney Stanton carnival. Although very windy, the day was a success, with PPG members giving up their precious time to raise awareness of the PPG, promote surgery information and latest news.

They also took this opportunity to exhibit the extensive building work and renovations which are being carried out within the surgery, along with offering support and information on the NHS app and other online services which are supported by the practice. Well done to all members of the Old School PPG!



### What is a PPG?

A Patient Participation Group (PPG) is a group of people who are patients of the surgery and want to help it work as well as it can for patients, doctors and staff. The NHS requires every practice to have a PPG.

Your experiences matter and you can bring different ideas to the surgery to help us treat patients better or to improve what we do in some way.

To become a member of your PPG, contact your surgery for details.

## Appointment Attendance

In the last PCN newsletter we highlighted the importance of informing the surgery if you cannot make an appointment, and the knock on affect this can have if this is not done. *Thank you* to all who make the conscious effort to cancel appointments that are no longer needed. By taking the time to do this you are allowing another person in need of an appointment receive the care they require.

## Percentage of Appointments Attended at Fosseyway PCN Surgeries for May 2024

Old School

97.1%

Burbage

97.9%

Orchard

97.4%

Barwell

95.4%

# Struggling with Hay Fever?

## A message from Uwais Alibhai – Senior Pharmacist for Fosseway PCN

I have been a pharmacist since 2011, working in various high street pharmacies for 10 years. Following completion of a prescribing qualification, I then moved into primary care and most recently into the role of Senior PCN pharmacist for the Fosseway PCN based out of Orchard Medical Practice.



Hay fever symptoms can vary from person to person and from mild to severe, typical symptoms include sneezing, coughing, itchy throat, red itchy or watering eyes, blocked or runny nose, loss of smell, tiredness, headaches, and pain around the nasal and forehead area. While there is no cure there are various treatments that can help reduce symptoms.

- Oral antihistamines help relieve most of the symptoms and are available in various forms to buy from pharmacies and supermarkets, with the main distinction between them being drowsy and non-drowsy antihistamines.
- Various nasal sprays are available for a more targeted approach of nasal symptoms and often contain steroids, decongestants or saline.
- Antihistamine eye drops are another option for relief of red itchy or watery eyes.

In line with the NHS self-care agenda visit your local community pharmacy for hay fever relief advice and to discuss which medicines may be suitable for you or those you care for, with suitability starting from 1 years and above!