

IN AN EMERGENCY ALWAYS CALL 999

NHS Direct: DIAL 111

Available 24 hours every day.

Emergency Care:

The Pinn Medical Centre

37 Love Lane Pinner HA5 3EE
020 8866 5766

Open every day including Bank Holidays: 8.00am until 7.30pm

The Alexandra Avenue Clinic

275 Alexandra Avenue Rayners Lane Harrow HA2 9DX
020 8966 6300

GP based Walk-in Centre

Open every day including Bank Holidays: 8.00am until 7.30pm

Hillingdon Hospital

Pield Heath Road Uxbridge UB8 3NN
01895 238 282

Urgent Care Centre (UCC)

Located in Hillingdon Hospital's A&E Department
01895 279 939
Open: 24 hours every day.

The Abbotsbury Practice

Patient Participation Group (PPG)

NEWSLETTER 23 – Autumn 2017

Flu Jabs

Don't forget to book!

Individual appointments can be made
from late September.

Details to be advertised shortly.

Eastcote Health Centre, Abbotsbury Gardens

Eastcote HA5 1TG

Telephone: 020 8866 0121 or 020 8866 8382

Fax: 020 8426 1028

www.theabbotsburypractice.nhs.uk

The Abbotsbury Patient Participation Group (PPG):

Officers:

Elaine O'Sullivan: Chair
Tom Barclay: Vice Chair
Verena Clark: Treasurer

Members:

Myra Arnold, Nalini Chandarana, Angela & Trevor Dixon,
Barbara Merrick, Marion Myers, David Payne,
Gill Richiardi, Mike & Lucy Simmonds

theabbotsburyppg@hotmail.co.uk

The PPG, which meets every two months, was formed in 2011 to act as a focus for patients' views, concerns and suggestions about the running of the Abbotsbury Practice.

We are all Abbotsbury patients and our purpose is to liaise between patients and medical staff. We work closely with the staff in reception and Abidah, our Practice Manager.

Our 2017 AGM

will be held on

Tuesday 12th September at 6.30 pm.

(in the Seminar Room: ask at Reception)

It is only a short meeting and is open to all Abbotsbury patients who would like to attend.

Please come and find out what's going on. The more feedback we get from other patients the easier - and more useful - our job becomes. You won't be pressurised to join us, unless you want to, of course!

USEFUL CONTACT DETAILS

The Abbotsbury Practice

Eastcote Health Centre
Abbotsbury Gardens Pinner HA5 1TG
Tel: 020 8866 0121 or 020 8866 8382
Fax: 020 8426 1028
Website: www.abbotsburypractice.nhs.uk
Surgery open: Monday to Friday from 8.30am until 6.30pm.

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Mount Vernon Hospital

Rickmansworth Road Northwood HA6 2RN
01923 826 111

Minor Injuries Unit

01923 844 201
Open every day from 9.00am to 7.30pm (Closed Christmas Day)

X-Ray Department

01923 844 320 or 01923 844 219
Open: Mon - Fri: 8.30am to 7.15pm Sat - Sun: 9.00am to 4.00pm

Blood Test Department

Open: Mon - Fri: 7.00am to 4.30pm

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Watford General Hospital

Vicarage Road Watford WD18 0HB
01923 244 366
A&E open: 24 hours every day.

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Northwick Park Hospital

Watford Rd Harrow HA1 3UJ
020 8864 3232
A&E: 020 8869 3087
Open: 24 hours every day.

The reason behind this is to save money. The NW London CCG needs to save nearly £135 million - about 5% of its annual budget - in order to balance its books. They argue that any cuts are best made in a planned way, at local level, after consultation with both patients and healthcare professionals, rather than being forced to make unplanned emergency cuts which may affect vital services.

There has been no feedback on this consultation so far, but these are early days; as always the devil will be in the detail.

I am sure you will be aware that a thorough checking and tightening of medical supplies has occurred in surgeries, hospitals and pharmacies to save the NHS expense. These checks are very time consuming, but vital to our safety.

As patients we can do our bit to save money by only ordering when needed. Ordering repeat prescriptions online is a great help because you have a record of the last time you ordered and you do not need to order all at the same time. At present, any other medicines not on the repeat list must be submitted as a request in the surgery and are usually issued on a separate prescription slip which you can collect from the surgery.

If you have registered with a particular pharmacy, other arrangements may be available to you for collection and delivery. Repeat prescriptions can be sent electronically from the surgery to your nominated pharmacy. At present this does not apply to any other prescriptions.

PPG Newsletter Online

This newsletter contains several electronic links which will provide more information. They can be accessed via our website, or you can sign up to receive your own electronic copy. Email the PPG and we will add you to our list. Your details will not be shared with any other party.

The CCG – an introduction

For those of you who, like me, resent the increasing and lazy use of meaningless capital letters invading the written word and who after idly attempting to fit unsuitable titles to them immediately erase them from memory, CCG stands for Clinical Commissioning Group. All clear now? Of course not! Whatever happened to the campaign for pure English?

Are you still with me? Good. Stay with it. Unfortunately for us Luddites these acronyms not only increasingly multiply, like the broom in the Sorcerer's Apprentice, but rule our world. However this one - [the Hillingdon Clinical Commissioning Group](#) - is on our side as patients. Like Gaul, it is divided into three parts; we are the northern group which includes Northwood, Ruislip, Eastcote and Harefield.

[What does the CCG do that is so important to all of us? It buys our health care.](#)

Until now GPs and NHS England used to share control of our budget allocation. On April 1st this year, however, Hillingdon GPs and members of the Clinical Commissioning Groups voted to take control of their own budget for primary care commissioning, thereby providing for an expansion of services which would be available locally and designed to meet their patients' needs.

In 2012 a number of CCG groups from Brent, Ealing, Harrow, Hillingdon, Hounslow, Hammersmith and Fulham, Kensington and Chelsea, and Westminster formed a [NW London collaboration](#). They had originally come together, in response to the rising NHS crisis, to debate the reorganisation of hospital allocation in this large area to accommodate a rising population and in so doing alleviate the NHS deficit. GPs were concerned that medical services for their patients would be severely reduced by government cuts to the NHS budget. As a result of these meetings they came up with the following aims to reduce costs:

Changing the Way We Prescribe A CCG Questionnaire

1. restructuring hospital services;
2. expansion of primary and community care;
3. financial recovery of the NHS and a savings programme.

Work began very quickly on restructuring hospitals and is still continuing. The other proposals are still being refined.

A number of you may have had occasion recently to visit A&E and will be aware of the nearest ones at Hillingdon, Northwick Park and Watford. I had not realised that each now specialises in different injuries, but fortunately the ambulance driver who attended me recently realised that my head injuries required an emergency ride to St Mary's, for which I am eternally grateful.

This restructuring has meant a total reallocation of hospital services and departments, including A&E, in order to make NHS provision more evenly distributed throughout Hillingdon and hopefully bring down costs. Those of you who have recently spent time in hospital will have first-hand experience of the changes, which are still bedding down.

The second CCG aim of expanding primary and community care has also begun. Many of you will already have benefitted from the physiotherapy unit at the surgery. This saves patients the time and expense of travelling to hospital out-patients departments, especially the parking costs.

You may also be aware of the improvements in medical communication via email and mobile phone. We can now select appointments with a doctor or nurse online and receive a text reminder on our mobile phone. We can also book a hospital consultation online, giving us a choice of hospital once our doctor has made a referral. Ordering repeat prescriptions - once we got the hang of it - is much simpler online because we can see at a glance when we need to order the next prescription.

In June this year the Northwest London Clinical Commissioning Groups collaborated to produce a second questionnaire, this time about prescriptions.

It has had a limited circulation because very little time was devoted to its distribution. However the aims of their suggested proposals are the same as the first above:

1. restructuring hospital services;
2. expansion of primary and community care;
3. financial recovery of the NHS and a savings programme.

The latest questionnaire concentrates on making savings on prescription medications - emollients and self-care medications like cough & cold remedies and paracetamol.

There were 3 main proposals:

Proposal 1:

GPs will ask patients if they are willing to buy certain medicines or products that can be bought without a prescription. (A sample list is provided for the questionnaire.)

Proposal 2:

GPs will not routinely prescribe the medicines and products listed which can be bought without a prescription. (The list is mainly emollients, cough & cold remedies and basic medications like paracetamol.)

Proposal 3:

To reduce waste we will ask patients to order their own repeat prescriptions.
(A list of options follows - mobile phone app, prescription slips)