

Borough Green Medical Practice

Borough Green
**Patient
Participation Group**



PATIENT NEWS



www.boroughgreenmedicalpractice.co.uk

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Winter 2018

Welcome to our Winter Newsletter on behalf of your Patient Participation Group, The Friends of the Surgery and the Practice.



Heart of Kent Hospice launches its Wellbeing Programme

Heart of Kent Hospice provides compassionate end of life care to patients and their families in Maidstone, Tonbridge & Malling, Aylesford and the surrounding towns and villages, including Borough Green.

We have created a programme of activities and new services as part of our commitment to support even greater numbers of patients and their carers and loved ones in the community.

We believe that by providing a variety of educational and therapeutic sessions, including nutrition, relaxation and creative crafts we can help patients be more independent and enjoy a better quality of life, while their loved ones and carers receive even greater practical and emotional support.

The Wellbeing Programme timetable is available from the Hospice Outpatient Centre -Magnolia Place, GP Clinics and our Community Nurse Specialists who visit patients in their own homes. If patients of Borough Green Medical Practice have been diagnosed with a terminal illness and are not already registered with the Hospice, they can refer themselves by calling 01622 792200 and then book onto the programme.

Last year Heart of Kent Hospice cared for over 1,300 patients and their loved ones in their own homes, in the community or in the Hospice itself. None of this would be possible without the support of our local community. If you would like to donate to the Hospice please call 01622 790195 or visit our website www.hokh.org

ONE YOU KENT

Become more active and take up the West Kent Challenge – ‘Couch to 5K’

Part of the One You initiative, the challenge aims to get people of all ages and abilities to walk or run up to 5km.

The challenge started this month across Tonbridge & Malling, Tunbridge Wells and Sevenoaks and will run throughout the year. There will be a number of free events taking place across west Kent open to everyone and a range of free interactive resources and motivational apps such as the ‘Couch to 5K’ to encourage you along the way. Visit www.oneyoukent.org.uk to sign up for free support in your area or access resources including the Active 10 and Smokefree apps and the ‘How are You?’ quiz.

Health Walks



To take part, you can join your council's free weekly Health Walks as well as specific West Kent Challenge events. Details can be found on your council's website. Or try parkrun, which organises free, timed 5K runs across the country, every Saturday – visit www.parkrun.org.uk to find your nearest event.

For further support with lifestyle changes, you can book to speak to a One You Lifestyle Adviser by calling 0300 020 0636.

Winter



While we have traditionally spoken widely about winter pressures on the NHS and specifically, A&Es, this high level of demand is no longer confined to a season. Therefore, we continue to urge people to consider the following

- Pharmacists can provide free advice for minor ailments such as colds or tummy bugs
- minor injuries, including sprains or burns, can be treated at one of West Kent's Minor Injury Units (MIUs), located at Sevenoaks Hospital and Edenbridge & District War Memorial Hospital
- for urgent, non life-threatening, health problems, NHS 111 is a 24/7 service that can arrange an out of hours GP appointment if needed.

Stroke services public consultation: have your say in West Kent

People in West Kent are being urged to respond to a public consultation on the future of urgent stroke services in Kent and Medway, which runs until 13 April 2018.

By means of a brief overview, Stroke Services in Kent are generally below standard and need to be improved, although there are pockets of good provision including an 'A' rated Stroke service at Maidstone Hospital. Through the consolidation of Stroke Services it is felt improvements such as consultant cover 24/7 7 days a week can be achieved. The Kent Stroke Review concluded three Stroke sites in Kent was the optimal number in terms of the model of care being sought. All possible three site combinations in Kent were considered and evaluated, resulting in the 5 presented for consultation considered as optimal against the evaluation criteria – quality, access, workforce, deliverability and finance. The five options are as follows:

- A. Darent Valley Hospital, Medway Maritime Hospital, William Harvey Hospital
- B. Darent Valley Hospital, Maidstone Hospital, William Harvey Hospital
- C. Maidstone Hospital, Medway Maritime Hospital, William Harvey Hospital
- D. Tunbridge Wells Hospital, Medway Maritime Hospital, William Harvey Hospital
- E. Darent Valley Hospital, Tunbridge Wells Hospital and William Harvey Hospital.

Of note is that one of the 5 options being put forward for public consultation does not include a Stroke Service in West Kent.

Amongst the ways of gaining views there are 2 public meetings in West Kent where people can find out more and have their say. These are on:

- Tuesday 20 February from 10am to 12 noon at Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone, ME14 1HH
- Thursday 15 March from 6.30pm to 8.30pm at Angel Centre, Angel Lane, Tonbridge, TN9 1SF.

People are also asked to read the [consultation document](#) and complete the [questionnaire](#) which can be returned online or by post. To find out more about the consultation and to book a place at an event, please visit www.kentandmedway.nhs.uk/stroke..

A big Thank You

Reception would like to thank you for your patience during the busy winter months, and we will continue to help in every way we can. Thank you for your generosity for those gifts given to the practice over the Christmas period!! A further thanks for those who use the automatic check in as this helps relieve pressure on reception.

We would like to encourage you to take your blood pressure here and pass the slip to reception on your next visit. Appointments... please keep a note of your appointment time and let us know if you need to cancel your appointment. Over the last three months 77 patients failed to turn up for their blood test appointments. As the number of blood tests we can offer has been reduced by MTW recently there is a lot of pressure on blood test appointments so it is particularly important that we do not waste these appointments. Many thanks!!