



## Measles crisis

Britain is facing a public health time bomb as a growing number of parents are choosing not to vaccinate their children against measles.

A new study has shown that half a million children in the UK have not had the Measles Mumps and Rubella (MMR) vaccine, meaning they are unprotected from measles. Cases of the illness have quadrupled in Britain in just one year.

But the Stag and Rose Court practice takes a very pro-active approach to promoting the MMR vaccine against measles, a highly infectious bug which can spread rapidly among people who haven't been vaccinated.



At The Stag and Rose Court, all newly registered babies are booked into the baby clinic at eight weeks old and see the GP for a physical examination before being directed to the nurse for their first immunisations. We ensure the children get appointments for their next visits to complete the course.

We then tell the parents they will receive an invitation for MMR immunisation when their baby reaches the age of 12 months.

The Child Health Department sends the practice notice of any child that has not been immunised. We then follow this up with the parents until they bring their child for immunisation or decline it.

Practice Manager Jean Toner said: "If the parents decline we invite them to have face-to-face discussions with the GP so that their health beliefs can be discussed. Parents' concerns are often alleviated by this discussion and they decide to opt for vaccination. This situation happens very infrequently and a high percentage of our patients are vaccinated."

Chair of the Patient Participation Group (PPG) Tony Robinson praised the efforts being made by practice staff to ensure children were vaccinated.

"This pro-active approach means that more of our children are getting the protection they need from potentially killer diseases. The figures are startling. In the UK in 2017 there were 259 measles cases. This rose to 966 in 2018. The MMR vaccine is the only way to protect children from measles."

## Surgery opening times

The Stag. Monday 8am to 7.30pm; Tuesday to Thursday 8am to 6.30pm; Friday 7am to 6.30pm.

Rose Court. Monday to Thursday 8am to 5.45pm ; Friday 8am to 1.30pm;  
Friday afternoon Friendship, Carers' and support Cafes.

## Fundraising boost just what the doctor ordered

Members of the Stag Medical Centre and Rose Court Surgery Patient Participation Group (PPG) have celebrated a year of fundraising.

They raised a total of £1600 at flu clinic events. Beneficiaries include Rotherham Hospital and Community Charity's Purple Butterfly Appeal, Dementia UK, Rotherham Hospice, Cancer Care and Sight and Sound. We would also like to thank Leger Holidays for their kind donation of a £200 holiday voucher prize.

The group raised the funds by hosting bake sales, raffles and by selling hand-made cards at the medical centre's Winter flu clinics, which encourage patients to get their flu jabs.

Tony Robinson, Chair of the PPG, said: "Our patients and staff at the clinic have really enjoyed fundraising because it gives us the opportunity to do something good for our community.

"Many of us know friends or family members who have been supported by the care provided in the Purple Butterfly rooms, so it's a cause which has really struck a chord with us. Our patients think it's fabulous and we'd like to thank everyone for being so incredibly generous."

The Charity set up the Purple Butterfly Appeal 10 years ago to help raise awareness about the importance of providing compassionate and specialist end of life care. The appeal was also set up to raise money to fund Purple Butterfly rooms, which provide privacy, dignity, space and a home-from-home for people nearing the end of their lives, their families, friends and carers.

The Trust already has three Purple Butterfly rooms at Rotherham Hospital on Ward A2, the Fitzwilliam Ward and the Labour Ward, with a fourth due to be installed later this year.

Each room costs more than £75,000 to install and equip with the right balance of medical equipment and soft furnishings which make the room feel like a home from home.

For more information about the Rotherham Hospital and Community Charity please contact Suzanne Rutter, Charity Engagement and Development Manager, on 01709 426821 or email [trft.charity@nhs.net](mailto:trft.charity@nhs.net).

## Come and join us!

Would you like to help influence decisions about how the practice is run, what services are provided and how they are provided?

New members of the PPG are very welcome! We currently have 12 active members and 90 virtual members. It was set up eight years ago.

Chairman Tony Robinson said: "I would like to thank PPG members and all the staff at the practice for their support. By working together I feel we really are improving patient care and contributing to their long term health. It is a real team effort."

Anyone interested in joining the PPG should email Tony at [www.ppgstagmedical@gmail.com](mailto:www.ppgstagmedical@gmail.com)



Chair of the PPG Tony Robinson (left) and PPG member Heather Hind, present a cheque to Barry Mellor, chair of the Trusts' Charitable Funds Committee.

## Friendship, Carers' and Support Café goes from strength to strength

The idea began as a Carers' Corner in the waiting rooms and soon grew into the Carers' Café which first opened in May 2016.

It now opens on the first and third Friday afternoons of the month at Rose Court surgery and is proving to be a lifeline for carers and ex-carers, thanks to PPG helpers Elaine, Chris, Margaret and Iris.

It's a friendly informal drop-in space for them to unwind and relax. If they wish they can bring the person they care for, or just have some free time to enjoy the company of others who may be in a similar position.

The café is a lifeline for 71-year-old Margaret Law. She is a carer for her husband Roger, 72, who has fronto-temporal dementia. "The café is brilliant," she said.

"Often with dementia you lose friends because people don't know how to cope with it, but at the café we've made so many good friends. It's nice to be able to talk to people who are going through something similar. We get a lot of support from the Admiral Nurse Beth who recommended the café, and it's one of the best things she could have done."

The latest venture is to work in conjunction with Rotherham Parents Carers Forum to provide a Drop-in for parents and carers of children and young people with special needs. The aim is to give patients a chance to access expert support and advice from the Forum and to invite practitioners to the sessions. Feedback is welcomed from parents and carers about how the practice can help them to access all the services it offers and minimise stress. The Drop-in will be held at Rose Court on the second Friday of each month, during term time only, 1.30pm to 3pm.

PPG members hope to extend the concept to a mental health Drop-in utilising a room at The Stag surgery. The aim is to recruit 'peer patients' who can share their experiences and give support to others who may be struggling.

Tony Robinson, Chairman said: "The PPG is really keen to take part in community projects within the practice. The idea is to help overcome isolation, and promote wellbeing, self help and awareness."

Anyone interested in becoming a 'peer patient' helper should contact Tony at [ppg.stagmedical@gmail.com](mailto:ppg.stagmedical@gmail.com)

## Getting the best out of sit and wait clinics

These new clinics are proving popular with patients who feel they need an urgent same day appointment. But please remember to get the best out of this service you still need to telephone on the day.

Reception staff taking the calls are specially trained in care navigation. The information you provide to the receptionist will help them to direct you to the most appropriate care in the quickest time. You could be seen by a physiotherapist or a pharmacist as well as being seen by a GP or specialist nurse.

Sit and wait clinics are held every morning Monday to Thursday. Please do not turn up at the surgery without telephoning first.

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Rose Court. Monday to Thursday 8am to 5.45pm ; Friday 8am to 1.30pm; Friday afternoon Friendship, Carers' and support Cafes.



Visitors to the Café enjoy an Easter Bonnet competition.



## Health Awareness

New PPG member Jayne Griffiths is spearheading a series of campaigns and displays in both surgery waiting rooms and on our Twitter/Facebook pages.

So far this year they have focused on diabetes, cervical cancer, bowel cancer, cancer screening, and information about signs and symptoms to watch out for.

For up to date details of future health promotions see <https://www.stagmedicalcentre.co.uk/> or go to our Twitter/Facebook pages.

We hope to develop further health and wellbeing projects, current ideas include more drop-ins, talks, and access to training/courses for certain health conditions. We would also like to form our own walking group, art group and therapy sessions.



Jo Farey from Be Cancer SAFE, Voluntary Action Rotherham

If you would like to get involved or have any suggestions, please email PPG chairman Tony Robinson, [ppg.stagmedical@gmail.com](mailto:ppg.stagmedical@gmail.com) or message us on



@ppg.stagmedical



@Stag\_RosePPG

## Good news on 'flu vaccines

The new super 'flu vaccine will be ready and available for all our patients who need it this year.

The quadrivalent (four component) vaccine is the most effective yet produced and protects against four viruses which research suggests will be most common in 2019-20.

Last year, a Government arrangement with the sole supplier nationally meant a shortage of vaccines leading to rationing and delayed supply to many GP surgeries. This resulted in some patients attending pharmacists for their vaccinations.

Flu vaccination is available every year on the NHS to help protect adults at risk of flu and its complications. Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people, such as:

- Anyone aged 65 and over
- Pregnant women
- Children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- Children and adults with weakened immune systems

Well children aged two and three (on August 31<sup>st</sup> 2019) should be vaccinated in the GP clinic.

Well children in reception class and school years 1, 2, 3, 4 and 5 should also be vaccinated in school.

Practice Manager Jean Toner said the availability of the effective quadrivalent vaccine was good news for patients.

"Last year, we were unable to order the new adjuvant trivalent vaccine after March 2018. I spent many days trying to get hold of it. There was only one supplier nationally and pharmacists were able to bulk buy and get early delivery.

"This year we know that the new quadrivalent will be available for all our patients who need a flu vaccination and we have already made plans for flu sessions in the run up to the flu season. These can be booked from the 1<sup>st</sup> of August.

“Studies have shown that the flu vaccine will help prevent you getting the flu. It won't stop all flu viruses and the level of protection may vary so it's not a 100 per cent guarantee that you'll be flu-free, but if you do get flu after vaccination it's likely to be milder and shorter lived than it would otherwise have been.”

As usual practice staff and PPG members will be rolling up their sleeves to do baking to sell at the flu clinics to raise money for charity. This year's beneficiaries will be the Purple Butterfly Appeal, Dementia UK, Rose Court Carers' Support Café, Rotherham Hospice and Cancer Care.

## FLU DATES 2019

Monday, 7<sup>th</sup> October, 3pm to 8pm at The Stag

Friday, 11<sup>th</sup> October, 9am to 2pm at The Stag

Monday, 21<sup>st</sup> October, 3pm to 7pm at The Stag

Tuesday, 22<sup>nd</sup> October, 1pm to 5pm at Rose Court

Thursday, 24<sup>th</sup> October, 1pm to 5pm at Rose Court



Receptionist Jill Morris gets into the spirit of things at the Halloween-themed children's flu vaccination clinic.

## Extra appointments including weekends

Rotherham GP Federation is providing these extended hours appointments for practices across Rotherham. Appointments are available at four hub surgeries – Magna, Magna Dalton, Broom Lane and Dinnington – from 6.30pm to 8.30pm on weekdays, Saturdays and Sundays 8am to 12 noon.

Each GP practice in Rotherham has to provide GP cover for the extended hours. This cover is worked out on the percentage of patients in their practice. This means that a GP from Stag Medical Centre provides six hours of cover every three months.

## A warm welcome to some new faces

Jessica Shaw joins us as practice nurse and Sarah Atkinson and Louisa Hollinshead as advanced nurse practitioners (ANPs). Claire Knight, ANP, works with us on a long term locum basis.

ANPs are highly trained to Masters Degree level to deal with minor illness and injury. They have extensive experience in accident and emergency care. They work alongside GPs rather than the nursing team and there is always GP back-up on duty at the surgeries to refer more complex cases to on the days. ANPs can issue prescriptions and refer directly to other health care services.

Healthcare assistant Sam Williams is training to become a registered nurse associate and new healthcare assistant Marie Pilgrim is also beginning nurse associate training. Following the success of our apprenticeship schemes in admin, we have taken on three more admin apprentices, Jasmin, Mandy and Beth.

## More firsts for pioneering dementia service

Our practice was the first in the country to appoint a full time Admiral Nurse to support dementia patients and their carers.

Now Beth Goss-Hill will feature in Dementia UK's first campaign to look at how Admiral Nurses can work with GPs to improve the support they provide to families living with dementia.

And the success of her role led to the practice being invited to take part in a national research study to develop and test a model primary care led post to help dementia patients and their families after diagnosis.

Through the GP Federation and Rotherham Clinical Commissioning Group, we are also looking into how the role can be expanded to provide a service to more GP practices in Rotherham.

"This is a new transformational approach working with GPs and Memory services, along with voluntary organisations such as the Carer Resilience Service. If successful, Rotherham would be leading the way to a much more collaborative, interdisciplinary way of working which can only be better for patients," explained Beth, picture right,

"We know from feedback that we are providing a valuable and much appreciated resource. Patients and their families get to see the same nurse who is able to spend time getting to know what really matters to them as a family.

"This helps them make plans for the future as the dementia progresses, ensuring that other professionals are brought on board at the right time to enable continued wellbeing."

Beth's appointment has reduced the need for lengthy GP appointments and averted crisis situations for people living with dementia and their families. It has also reduced the need for unnecessary hospital admissions."

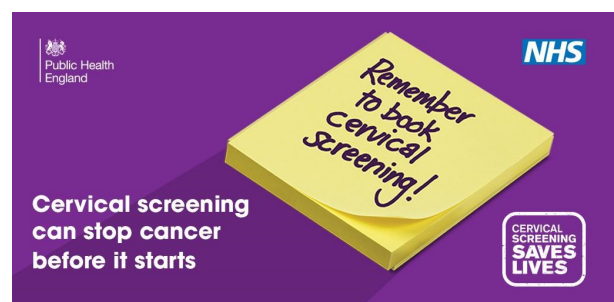
Around 850,000 people in the UK are living with dementia and this figure is projected to rise to more than one million by 2025. One in six people over 80 have dementia.

If you have concerns about a family member who may be developing dementia, you can leave your details at reception in either surgery and Beth will contact you for a discussion.









**Bowel Cancer** **NHS**  
**Screening**  
Programme

**0800 707 60 60**  
**www.cancerscreening.nhs.uk**





## Feeling unwell? Choose the right service

 <p><b>Self-care</b></p> <p>Hangover. Grazed knee. Sore throat. Cough.</p>	 <p><b>NHS 111</b></p> <p>Unsure? Confused? Need help?</p>	 <p><b>Pharmacist</b></p> <p>Diarrhoea. Runny Nose. Painful cough. Headache.</p>	 <p><b>GP (Doctor)</b></p> <p>Unwell. Vomiting. Ear pain. Back ache.</p>	 <p><b>NHS Walk-in Services</b></p> <p>If you cannot get to the GP and it is not getting any better.</p>	 <p><b>A&amp;E or 999</b></p> <p>Choking. Severe bleeding. Chest pain. Blacking out.</p>
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*A connected healthcare vision for Rotherham*

### Extended Access Info – Hubs

#### Bank Holidays

- **Broom Lane:**  
Monday to Friday (6:30pm – 8:30pm)  
Saturday and Sunday – (8am – 12pm)

Address:  
Broom Lane, S60 3EW

Monday & Friday – (10am – 4pm)

- **Magna at Valley Health Centre (Dalton):**  
Saturday (8am – 12pm)

Address:  
Saville Street, S65 3HD

- **Magna at Kilnhurst Branch:**  
Monday & Wednesday (6:30pm – 8:30pm)

Address:  
Highthorne Road, S64 5UP

- **Dinnington:**  
Monday – (6:30pm – 8pm)  
Saturday – (8am – 12pm)

Address:  
New St, S25 2EZ

**PLEASE  
ASK AT RECEPTION**

## Items for HAY FEVER are no longer being routinely prescribed!

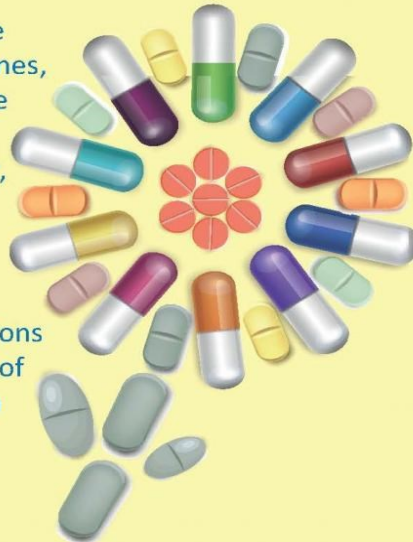


Prescribing readily available medication like antihistamines, nasal sprays and certain eye drops for hay fever costs the NHS millions every year, adding unnecessary strain on local GPs and the NHS.

Processing these prescriptions can cost 20 times the price of buying identical medication at your local pharmacy or supermarket.

Before you contact your surgery, talk to your pharmacist. You don't need an appointment and for most minor illnesses it's faster and easier.

**If you take care of the little things, your NHS can keep taking care of you.**



The Rotherham NHS Foundation Trust

Join the fight, take up your invite

**BREAST SCREENING SAVES LIVES**

Breast screening can pick up things that you can't find yourself. The earlier something is found the easier it is to treat.

Keep a look out for your invitation in the post.

"Daughters need mothers to have mammograms"  
Nadia, South Yorkshire

Aged over 50 and not had a mammogram in the last 3 years?  
Contact us on **01709 424807**

This newsletter is produced by the Practice and Patient Participation Group. You can contact the PPG at [ppg.stagmedical@gmail.com](mailto:ppg.stagmedical@gmail.com) or by writing to either surgery.