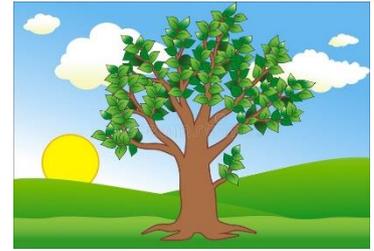


# Withnell Health Centre Spring/Summer 2023 Newsletter



## Blood Clinic

Blood clinics are held every Tuesday and Thursday Morning at Withnell Health Centre. Due to demand, our blood clinics are extremely busy, please cancel your appointment if you can't make it so it can be offered to someone else.

Chorley Hospital no longer have a blood clinic which you can book in to. If your blood test is **urgent**, you can just turn up at the clinic any day, with your blood form – no appointment necessary.

## Mental health

1 in 4 of us experience common difficulties such as stress, anxiety and low mood at some stage in our lives.

We are delighted to have a mental health Practitioner called Lauren here at Withnell running clinics every Wednesday, Please let reception know if you would like to book an appointment.

If you feel low for more than a few weeks then our local Mindsmatter Service can help.

**Mindsmatter** Services provide psychological interventions such as self-help materials, groups, workshops and 1:1 therapy to people age 16 and above. You can self-refer at [www.lancashirecare.nhs.uk/Mindsmatter](http://www.lancashirecare.nhs.uk/Mindsmatter) For anyone under 16, your GP can refer to the child and adolescent mental health service (CAMHS).

## Improving Diabetes Care at Withnell

**We have teamed up with a Consultant Diabetologist Specialist to further improve the care we give to people living with diabetes. Once a month, we are running a clinic at Withnell health Centre and if you are concerned about your diabetes or if you care for someone who struggles to manage their diabetes, please speak to reception and book an appointment.**

## Practice Updates

The image shows the front cover of the Lancashire Post newspaper. At the top, it says 'Lancashire Post' with 'SINCE 1886' and a red rose logo. Below that, it says 'SATURDAY' and 'Saturday, January'. A large headline reads 'FREE\* Minifigure toys for every reader!' with 'SEE INSIDE FOR DETAILS' and '\*postage must be paid'. Below the headline, there is a photo of two women holding signs that say 'AND HERE'S TO YOU DOCTOR ROBINSON' and 'WITHNELL LOVES YOU MORE THAN YOU WILL KNOW'. At the bottom, there is a large headline 'Save our doctor' and a 'Special report: Pages 8 &amp; 9' badge.

**“Staff at Withnell Health Centre are celebrating a ‘huge win’ for the surgery as a decision to extend the GP’s contract for 18 months has been announced.”**

Dr Robinson and her team at Withnell Health Centre are delighted with the decision made by The Lancashire and South Cumbria Integrated Care Board. They have abandoned their current plans to award the contract to another provider and have awarded Dr Robinson with a further 18-month contract. This means that staff and services will remain the same at Withnell Health Centre.

A further procurement process will take place in 18 months’ time where a much greater emphasis on patient engagement will take place. This is a huge win for us!

We would like to thank all of the patients of Withnell Health Centre for their support and kindness, it just shows that little communities have big voices and can make real change when its needed the most.

# Join your **Patient Participation Group**

PPGs represent patients and provide feedback on GP practices, helping to drive change



Our **Patient Participation Group (PPG)** is run by volunteer patients, carers of registered patients and members of the GP Practice to help strengthen the relationship between the practice and you, our patients. The **PPG** contributes ideas, feedback and suggestions to improve patient experience and help us improve our services.

## What do PPGs do?

- Review patients' surveys such as the Family and Friends Test.
- Listen to patients' stories and views.
- Explore ideas and suggestions on how to improve patients' experiences in the GP Practice.
- Discuss with GP Practice staff and agree on an action plan for service improvements.
- Monitor the implementation of the service improvement action plan.
- Run small projects around patients' education, health promotion, and improvements to GP Practice environment.

## Why should I join?

Communities work better together and the experience you have as a patient can bring fresh ideas on how we can continue to work well together and improve the services we provide.

**Speak to Reception if you would like to join.**