



NOVEMBER 2024
WINTER EDITION

AINSDALE MEDICAL CENTRE NEWSLETTER



TRIBUTE TO PAUL ASHBY

It is with great sadness that we announce the passing of Paul Ashby, who served as the Practice Manager at Ainsdale Medical Centre from 9th January 2012, until February 2022. Paul sadly passed away on 24th October 2024, after a short illness, and he will be deeply missed by all who had the privilege of knowing him.

During his time at Ainsdale Medical Centre, Paul demonstrated exceptional dedication and hard work, leading to significant improvements within the practice. Among his many contributions, he was instrumental in the establishment of the Patient Participation Group (PPG) in March 2014, a venture he passionately supported and took great pride in. His commitment to fostering strong relationships between patients and the practice made a lasting impact on our community.

After leaving Ainsdale in February 2022, Paul continued his tireless work at the Federation, supporting the Primary Care Network (PCN). His influence and leadership were invaluable during this time, and he remained a steadfast advocate for the improvement of healthcare services.

In recognition of his remarkable contributions, the PCN has dedicated a room in his honor, aptly named the Ashby Room, located at the PCN headquarters on Wight Moss Way. This tribute further reflects the admiration and respect that his colleagues and the community have for him.

We extend our heartfelt gratitude to Paul for his unwavering dedication and the positive changes he brought to Ainsdale Medical Centre. His legacy will continue to inspire us.

Our thoughts are with his family at this sad time.





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Need some help installing the NHS app?
Ainsdale Medical Centre have arranged a drop in session on

Thursday, 21st November 2024
Between 1.30 pm - 3.00 pm
At Ainsdale Medical Centre

With the NHS app becoming essential for accessing services online, Charlotte and Ellie are available to assist and support patients setting up the app.



The practice have arranged another NHS App drop in clinic for our patients. Please register your interest at Reception, or just drop in, You'll be welcomed by Charlotte and Ellie who will assist you in downloading the app on your device.

We have 5805 patients registered for online service, so over 50% of our patient population.

Respiratory syncytial virus (RSV) often causes coughs and colds and can be serious for babies and older adults. A vaccine has been available on the NHS since 1st September 2024.

Eligible individuals for the vaccine include:
Those aged 75 to 79 (will be contacted for vaccination)

Pregnant individuals at 28 weeks or more (should consult maternity services or GP)

Please wait to be contacted for vaccination if you're 75 to 79.





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'Pharmacy First' service

From the beginning of this year the government have changed the rules to enable community pharmacies to provide treatments for 7 common conditions which previously would have needed a GP appointment.

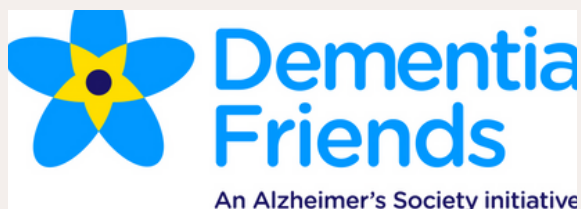
Pharmacists are experts in managing medications and have received training in recognising and treating minor illnesses. Anyone can now walk into a participating community pharmacy, without making an appointment or needing a referral from the GP surgery, and ask for a consultation on any of these 7 common conditions

Speak to your pharmacist if you suspect you have:

- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 18 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)



The Friends and Family Test (FFT) is a brief anonymous questionnaire for providing feedback on care received at the GP surgery. It helps improve services and identify successes. Family members or carers can assist in completing the survey, which can be accessed via text after an appointment or through paper forms available in waiting areas or at the reception desk.





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We offered 4777 Clinician appointments in October and of those 66 patients did not attend their appointment.

Reminder texts are sent to patients confirming their appointment, and allowing them to reply CANCEL if the appointment is no longer needed.

From Monday 4th November 2024, the PCN are launching the Winter Same Day GP Service, where we can book patients in for minor illnesses and concerns.

All appointments are Face to Face, and suitable for one problem. Patients will be asked to attend Lincoln House Surgery, 33 Lincoln Road. PR8 4AR - **please note this is separate to the GP7 day service the practice can refer you too.**

The reason for the Winter hub is to help alleviate pressure on practices, and consulting with patients who need same day urgent appointments. Ainsdale Medical are allocated 6 appointments per day.



carersUK



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We are proud to have continued our support of Southport Foodbank this year with our food collection point at the Surgery.

If you are in financial crisis, please call 0808 2082138 for free (Monday to Friday, 9 am-5 pm) to talk confidentially with a trained Citizens Advice adviser.

If needed, they can issue you a voucher to get an emergency food parcel from your local food bank.

The winter months can be challenging. If you are worried about a relative or elderly neighbour, contact Sefton Council on 0345 140 0845 or call the Age UK helpline on 0800 678 1602 (8 am to 7 pm daily). If you need to talk, whatever you're going through, there are people you can speak to at any time. Anyone can call the Samaritans on 116 123 (UK-wide) or text SHOUT to 85258 (UK-wide)



www.bhf.org.uk/information-support/heart-helpline

Call 0808 802 1234 (freephone). Our Helpline is open weekdays from 9 am to 5 pm.

***** Our normal Surgery opening hours are *****

Monday – Friday 8.00 am to 6:30 pm

The Surgery is closed on the following dates in December & January :
Bank Holiday: Wednesday 25th, Thursday 26th and New Year's Day, Wednesday 1st January 2025

Call 111 or use 111 online for advice when the Surgery is closed.

Always Call 999 in the case of a life-threatening emergency

**Visit our website at www.ainsdalemedicalcentre.nhs.uk
And follow us on Facebook – Ainsdale Medical Centre**