



HAWTHORN MEDICAL PRACTICE

PATIENT NEWSLETTER

HANDS, FACE, SPACE - KEEP SAFE!

SUMMER 2021

This newsletter is produced to inform our patients of relevant health matters, provide guidance and information we have been asked to circulate by the CCG (Clinical Commissioning Group), Healthwatch, PHE (Public Health England) and other organisations. We use information in good faith and cannot be held accountable for any incorrect content.

As a Practice we have a duty to reach and inform all our patient population groups and therefore the content may be relevant to young people, families, vulnerable groups and our mature patients.

ABUSE

Anti-social **B**ullying **U**nacceptable **S**tressful **E**xcessive

Imagine waking up every morning, dreading going to work to be subjected to a constant barrage of abuse from people you are trying to help.

Imagine your family member coming home in tears, morally dejected and hurt by the vile words and actions they've faced in just one day.

Imagine leaving your job, despite being desperate for an income, just because you could no longer tolerate the ABUSE!!

Abuse comes in many forms – verbal aggression being one of them. Verbal abuse and aggression doesn't necessarily mean you say something face to face – social media is an easy but cowardly way of attacking a person or organisation. Often people 'ranting' on social media are totally ignorant of the correct facts.

No-body deserves to be abused, in any way shape or form. We live in a world which is becoming more aggressive, social media 'feeds' the cowards who think they know everything but know nothing and the only way they can lash out is to write on a public forum where people just like themselves attach like leeches to whatever rancid comment they make.

We hear so much about 'mental health' #bekind #everyonecounts – but do we?? Do we all count? Are we all kind? Are we aware of how much our words hurt, destroy us mentally, destroy our confidence, destroy our self-worth?

Before you become a keyboard warrior, before you fly off into a frenzy of abuse, please remember who you're hurting – it could be someone you love in the firing line one day or someone who's help you REALLY need.

APPLY TO THE EU SETTLEMENT SCHEME

If you are an EU citizen, resident in the UK by 31 December 2020, you and your family members (including non-EU citizens) need to apply to the EU Settlement Scheme to continue to live, work and study in the UK beyond 30 June 2021.

Even if you have lived in the UK for many years or you have a permanent residence document, you still need to apply.

You do not need to apply if you have indefinite leave to remain or enter, or you are an Irish citizen, but you can if you want to.

The online application checks your identity and UK residence, and asks you to declare any criminal convictions.

For information about applying on behalf of children, visit Gov.co.uk

The deadline for applications is 30 June 2021.

(source: UK Government)

Keep your baby safe whilst sleeping

- Place your baby to sleep in a cot or Moses basket in the same room as you for the first 6 months, day and night.
- Keep the sleep space clear: no pillows, quilts, duvets, soft toys or cot bumpers
- Put babies on their back for every sleep, in a clear, flat sleep space and keep them smoke free day and night.
- Don't cover your baby's face or head while sleeping or use loose bedding
- Never fall asleep with the baby in your own bed

Source: Lullaby Trust



COVID-19 Vaccination status

Covid vaccination status for international travel is available for people living in England. It is available via the NHS app or via the NHS website where patients can request a letter. It may take up to five working days to arrive via post and people should wait five working days AFTER they have had their second vaccination for the system to be updated. **PLEASE DO NOT RING THE SURGERY, WE CANNOT HELP IN THIS INSTANCE.**

HEALTHWATCH LINCS IS ON THE MOVE!

After being based in the village of Swineshead for the last 7 years, HWLincs has recently moved offices to The Len Medlock Centre, Boston. We are therefore pleased to share with you the following contact information.

Our registered charity name is: **HWLincs** (many of you will know us as Healthwatch Lincolnshire, however please note this is not our formal charity name)

Our new address with immediate effect is: **Rooms 33-35, The Len Medlock Centre, St George's Road, Boston, Lincolnshire, PE21 8YB**

Our generic email address is: enquiries@hwlincs.co.uk

Also info@healthwatchlincolnshire.co.uk

Our website address is: www.hwlincs.co.uk

Also www.healthwatchlincolnshire.co.uk

Our main telephone number remains the same: **01205 820892**

KEEPING ACTIVE IS THE KEY TO STAYING FIT, MOBILE AND ACTIVE

Regular exercise can help reduce the impact of several diseases, such as osteoporosis, diabetes, high blood pressure, heart disease and strokes. Regular exercise can also reduce arthritis related pain, improve sleep, prevent falls and fractures and improve low mood and memory.

In fact, taking regular exercise is one of the best things you can do to remain independent.

Examples of the sorts of exercises that improve or maintain health include:

Brisk walking

Ballroom dancing

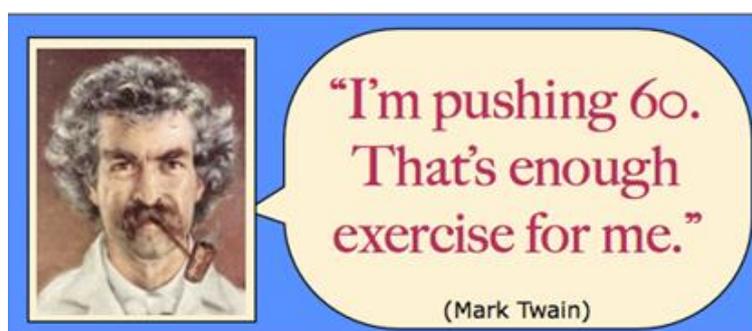
Climbing stairs

Swimming

If you haven't been very active you should aim to minimise the amount of time spent sitting down for extended periods. You could do this by reducing the time spend watching TV, taking regular walks around your garden or streets where you live, try swapping a bus or car journey for walking part of the way.

Why not see if any of your friends or family want to join you – a great way to keep in touch with people!

Source: NHS/Age UK



DATA SHARING – WHAT IS IT AND WHY DO WE DO IT??

Do we have to share our patient's data?

Yes. GDPR is the successor to the GP Extract Service (GPES) and it is a legal requirement for Practices to comply with but patients do have a couple of "Opt Out" options available to them (see below)

Why is patient data shared?

There are two vitally important reasons:

1. Your healthcare records can be shared with other Health Organisations and Professionals (Hospitals, District Nursing). This is to ensure your individual care is tailored to your needs and requirements.
2. To support vital health and care planning and research. As a growing nation we need to understand the current and potential health requirements of our population so funding can be directed to the areas adequately, sensibly and thoughtfully.

What data is shared:

Data may be shared from the GP medical records about:

- any living patient registered at a GP practice in England when the collection started - this includes children and adults
- any patient who died after 1 July 2021, and was previously registered at a GP practice in England when the data collection started

NHS Digital will not collect patients' names or addresses. Any other data that could directly identify patients (such as NHS Number, date of birth, full postcode) is replaced with unique codes which are produced by de-identification software before the data is shared with NHS Digital.

This process is called pseudonymisation and means that patients will not be identified directly in the data. NHS Digital will be able to use the software to convert the unique codes back to data that could directly identify patients in certain circumstances, and where there is a valid legal reason.

If you would prefer that your identifiable patient data is only shared for your own health care purposes, you can opt-out by registering a Type 1 Opt-out or a National Data Opt-out, or both. These opt-outs are different and they are explained in more detail below. Your individual care will not be affected if you opt-out using either option (or both).

A Type 1 opt out has to be registered by your Practice; please let us know if you want to register a type 1 opt out. A National Opt out can be done without contacting the Practice, at <https://www.nhs.uk/your-nhs-data-matters>

You can use this form to:

- register a Type 1 Opt-out, for yourself or for a dependent (if you are the parent or legal guardian of the patient) (to Opt-out)
- withdraw an existing Type 1 Opt-out, for yourself or a dependent (if you are the parent or legal guardian of the patient) if you have changed your preference (Opt-in)

This decision will not affect individual care and you can change your choice at any time, using this form. This form, once completed, should be sent to the Practice by email or post.

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DATA OPT-OUT FORM

Details of the patient

Title	
Forename(s)	
Surname	
Address	
Phone number	
Date of birth	
NHS Number (if known)	

Details of parent or legal guardian

If you are filling in this form on behalf of a dependent e.g. a child, the Practice will first check that you have the authority to do so. Please complete the details below:

Name	
Address	
Relationship to patient	

Your decision

Opt-out

I do not allow my identifiable patient data to be shared outside of the Practice for purposes except my own care.

Withdraw Opt-out (Opt back in)

I do allow my identifiable patient data to be shared outside of the Practice for purposes beyond my own care.

(You would only use this if you have previously opted out)

CONTINUED OVERLEAF

Your declaration

I confirm that:

- the information I have given in this form is correct
- I am the parent or legal guardian of the dependent person I am making a choice for set out above (if applicable)

Signature

Date signed

When complete, please post or send by email to the Practice before 1st September 2021

For GP Practice Use Only

Date received		
Date applied		
Tick to select the codes applied	Opt – Out - Dissent code: 9Nu0 (827241000000103 Dissent from secondary use of general practitioner patient identifiable data (finding))	
	Opt – In - Dissent withdrawal code: 9Nu1 (827261000000102 Dissent withdrawn for secondary use of general practitioner patient identifiable data (finding))	