

# The Bedford Park Surgery Summer Newsletter

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Dear Patients

Hope you are all safe and well. Please have a read of our newsletter to keep abreast of current activities at the surgery.



The Covid vaccine programme at the surgery has been very successful. We had two hubs in Ealing which were used to administer the vaccines to our patients. Dominion Centre and Ealing Town Hall. These have now closed and the GP surgery can no longer book appointments for patients for their vaccines.

All patients are advised to wait until their cohort's turn comes up and then call 119 or use the government website to book the vaccine. The link to this and other vaccine updates are below. There are many Covid vaccine centers in North West London which are accessible to our patients and some of these also operate a walk in service.

The main criteria patients need to fulfil is the eligibility and the NHS number. For those who do not know their NHS numbers, please call or email reception and we can send / give this to you.

With regard to the vaccine passports, there is information on the website about this. The NHS APP has to be used and patients can download this APP on their smart phones. The link below has some supportive information for patients to ensure this is done correctly.

We cannot help with any technical support if the APP cannot be downloaded or used on your phones. The surgery only holds the information that can be shared on the patients' APP e.g. medical records access and viewing the vaccine which we have switched on.

## **LINKS BELOW**

<https://www.bedford-park.co.uk/coronavirus/covid-vaccine-information/>

<https://www.nwlondonccg.nhs.uk/coronavirus/nhs-covid-19-vaccination-programme>

<https://www.digitalhealthcoachuk.net/nhs-app-easy-access-to-gp-services>

<https://www.nhs.uk/nhs-services/online-services/nhs-app/nhs-app-help-and-support/technical-issues-with-the-nhs-app/>

## **N**ATIONAL DATA OPT OUT ( GPDPR )

The General Practice Data for Planning and Research [GPDPR] data extract by NHS Digital from GP Practices across England will help the NHS to improve health and care services for everyone, by collecting patient data and holding it in a central national database.

This is an upgrade to an existing similar process called GPES – General Practice Extract Service, this new data collection will be more efficient, effective, and much more frequent.

For example, patient data held in this new national database can help the NHS to:

- monitor the long-term safety and effectiveness of care
- plan how to deliver better health and care services
- prevent the spread of infectious diseases
- identify new treatments and medicines through health research

### **WHAT IS TYPE ONE OPT OUT**

This stops your GP medical data being shared [apart from for your Direct Care]

If you live in England and want to stop your GP data leaving your GP practice for purposes other than your direct care, you can do so by filling in the forms that are on our website and emailing them or handing them in to the receptionist.

The deadline to do this has changed and delayed to 1 Sep 2021 so you have time to send in your forms.

You can also do this yourself without filling out the form by clicking on the link below.

<https://www.nhs.uk/your-nhs-data-matters/>

### **WHAT IS TYPE TWO OPT OUT**

This is non GP related.

If you want to stop your non-GP data, such as hospital or clinic treatments, being used for purposes other than your direct care (e.g. for the NHS Data Grab/research and planning) you must use this process:

- If it's just for yourself, use NHS Digital's online National Data Opt-out process – this process only works for individuals aged 13 and over. Or, you can use the NHS App to set a Type2 Opt-Out.
- If you have children under 13, you need to fill in a form and e-mail or post it back to NHS Digital – this form works for both you and your children.
- If you have an adult dependent for whom you have legal responsibility, you must fill out a form and send it back to NHS Digital on their behalf.
- There is no deadline for step 2, the National Data Opt-out (i.e. your non-GP data), but the sooner you do it, the sooner it takes effect.

**THE LINK BELOW TAKES YOU TO THE PAGE WHERE ALL THE FORMS ARE:**

<https://www.bedford-park.co.uk/new-patients/national-data-opt-out/>

Typed by S Kath 9 Jun 2021

## **S**OCIAL PRESCRIBER

Our Primary Care Network in Acton has taken on a social prescriber whose services can be used and shared by our patients.

The role of the social prescriber is below. If any patient would like to be referred, or make use of their support and services, please let your GP know.

There is a link on our website (see below) which has some useful videos and information for this too.

The social prescriber is someone who supports in areas such as debt, benefits, housing support, employment support, gardening groups, befriending, volunteering opportunities, fitness activities, community and cultural activities and cooking and healthy eating support.

It's a service that is designed to support individual interests and needs where schemes are focused on improving mental health and physical wellbeing.

Patients can request to be seen in our surgery or at home or via telephone / video.

Please see links below to know more:

<https://www.bedford-park.co.uk/practice-info/leaflets/social-prescribing/>

## **S**INGLE CCG

Our surgery used to be part of the Ealing Clinical Commissioning group for some years. However there are now going to be some changes whereby we are all part of one single CCG which took place from April 2021.

The various areas which will make up our single CCG are below:

Brent

Central London

Ealing

Hammersmith and Fulham

Harrow

Hillingdon

Hounslow

West London

### **What are CCGs?**

CCGs are local, clinically led, statutory NHS bodies. They are membership organisations, whose members, in the case of the North West London CCG, are all the GP practices that serve the eight boroughs. They are led by a governing body made up of local GPs drawn from across our boroughs, other clinicians, executives and lay members.

Responsible for planning and paying for most health care services local people use, they make decisions about health services based on the feedback they receive from patients and carers, patient experiences, and the involvement of local people on our committees and Governing Body. This ensures the services they purchase and re-design are those services North West London residents tell them what they need.

CCGs ensure that local people can access the best possible care from the services commissioned on their behalf. This involves assessing local needs and prioritising the use of funding with their partners,

including local authorities, hospitals, community and primary care services. This is an ongoing process and CCGs are expected to monitor the care provided, as well as respond and adapt to changing local circumstances. In doing so, CCGs are responsible for commissioning to improve the health of their entire population.

If you would like to know more about them and what services are being offered, please click on the link below:

<https://www.nwlondonccg.nhs.uk/>

### **APPOINTMENTS REMINDER**

**A** Our appointments at the surgery are back to some normality. We continue to be open as we have always been for our patients. You can choose to make a face to face appointment for issues where you know you need an examination for example rashes, lumps, ears, throats etc. For issues where you feel you don't need to be in physically to see the GP, you can opt for the telephone / video consultation. We would like to ask patients to remember that you are given one slot for an appointment, so if you have more than one thing to discuss, please ask for a double appointment. This is to ensure the GP doesn't overrun and are not late for their subsequent patients. Our nurse and HCA appointments are back to normal from some time but you can choose to opt for a telephone or video consultation for areas of discussion that don't require you to be in the surgery. These can be care plans, asthma reviews, and follow up reviews. Appointments for the GP is available online but not for the nurse or HCA as these have various time restrictions attached to specific appointment slots.

### **STAFF**

We would like to update you on some staff changes in recent months. Our receptionist Bonnie is currently enjoying maternity leave (with her baby boy) and we anticipate that she will be back with us at the beginning of 2022. Our other receptionist, Charlotte, will be going on her maternity leave later this year in September. We have taken on some help from students and ad hoc staff, all of whom are being trained up and we hope to continue to offer you the same high level of service as always.

### **MESSAGES FROM THE SURGERY**

**M** As you are aware, from time to time we send text messages with important links and information about the surgery. Most patients are happy with this. However, there may be some patients who have old phones which are not smart phones, and cannot open links etc. or look at the messages. If this affects you, please let reception know and we can see if we can email you the information instead.

### **JULY HEALTH TALK**

The health talk in July will take place on 6 Jul 2021 at 18.30 and this will be on **MANAGING HIGH BLOOD PRESSURE**. The links and registration for this talk will be sent out in due course. If you do have suggestions for future health talks, please let us know. For those who may have missed past health talks, please click on the link below where there are recordings of past talks.

<https://www.bedford-park.co.uk/practice-info/patient-health-talks/>