

## Editor's Comment

Well, here we are again with another year almost gone. With the long barmy days of summer behind us now we look forward to what ever the winter has to offer for us.

We have some useful tips to stay healthy over the next few months on the back page, so take a look there. Now I think there should be an award for this publication because it is a brexit free zone. Now that is rare nowadays.

If you have time too spare waiting for your appointment why not exercise your brain with the puzzle below. Answer is on back page.

## Puzzle

Three men fell asleep in a barn. One awoke and saw there a bag of apples. He found that if he threw one away the rest would divide into three equal shares, so he threw 1 away, took his share of the remainder, ate them, and fell asleep again. Another man awoke, and went through the same performance, and after him the third man did likewise. Lastly all three awoke, and found that the remaining apples would divide among them in equal shares if one were thrown away. How many apples were there at first ?

Answer on back page

# WHADDON MEDICAL CENTRE



Winter 2018

NEWSLETTER



Have you heard about LiveLife Milton Keynes? if not read on :-

This is a community referral service that can improve everyday living for people in Milton Keynes.

The service offers social, emotional and practical help to people who might be feeling lonely or anxious. Are you spending too much time on your own or maybe feeling a bit low because you struggle with some of life's daily challenges?

If you could use a bit of help to improve your everyday living this service has a friendly team of experienced staff ready to listen, talk things through and help you with any worries you may have.

How does it work?

Please visit your GP surgery to pick up a leaflet or to speak to a member of staff (this could be the receptionist, a practice nurse, doctor or other medical professional). You will need to tell them you are interested in the LiveLife Milton Keynes service.

You can also contact the scheme directly, for yourself or on behalf of someone else if you have their permission, by calling 01908 973720.

**If you would like a large print copy of this newsletter, ask at reception.**

## Whaddon Walkers News

### Whaddon Walkers

The Whaddon Walkers Group has been really busy this year. Our weekly walking programme has attracted more than 100 walkers most weeks. We have three grades of walks and all are lead and looked after by our wonderful Walk Leaders. We have had some beautiful weather this summer and late autumn which makes it a joy for all, walking in the beautiful MK parklands. These walks are followed by our coffee stop at various venues such as churches, clubs and a local school.

Our summer coach trip was to Burghley House and Gardens and then for a boat trip on Rutland Water which was a great success. Then we had a late summer BBQ and are now organising our Christmas Lunch.

New this year we have entered a tree to represent our walking group into The Christmas Tree Festival at St Mary's Church in Shenley Church End. It will be on display at the church on Sat 1<sup>st</sup> and Sun 2<sup>nd</sup> December and then in the foyer at our surgery.

We are part of a Nationwide scheme called "Walking for Health" and there are several groups within Milton Keynes. The walks were started by GP Dr William Bird over 20 years ago at Sonning Common in Oxfordshire.

I do thank the surgery for all the support they give us and in return we hope we make all the walkers fitter and happier for the months ahead.

Brenda.

(For information on future walks please enquire at the surgery reception.)

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Romans Field School and 'The Whaddon Walkers' have been working together for the last 3 years as part of our community projects. The partnership initially started through a simple conversation but has since grown to become a regular fixture in our respective diaries. Staff and pupils welcome the 'Walkers' in every term and provides a range of refreshments after their walk around the Bletchley area.

Through the generous donations of the group members, the school has been able to develop a dedicated library; this space was much needed and has enabled us to design a library that supports the varied needs of the pupils at RFS, whilst promoting a love for reading. In recognition of our continued partnership the school will be naming the library after the Whaddon Walkers.

We would like to extend our appreciation for the tremendous generosity and support given by Brenda and The Whaddon Walkers – we look forward to seeing the group again soon.

Dan York

## Senior Voice Milton Keynes

Senior Voice Milton Keynes is a panel of experienced older people that acts as a focus for the views of the over 55s in Milton Keynes.



The aims of the group are:

- Act as the focus for the views of the over

- 55s in Milton Keynes.

- Represent those views as fairly and inclusively as possible.

- Make sure that the voice is effective.

Senior Voice is an independent group that sets its own agenda, based on the knowledge of its members and the feedback it receives from other older people.

Speakers are invited to Senior Voice meetings. Topics to date have included health and social services, housing and transport.

If you have an issue you wish to raise with Senior Voice Milton Keynes or have a comment to make on a service - good or bad - please contact :-

Senior Voice Milton Keynes

c/o Age UK Milton Keynes

The Peartree Centre

1 Chadds Lane

Peartree Bridge

Milton Keynes

MK6 3EB

For more information, email:  
info@ageukmiltonkeynesorg.uk

Or call for an informal chat: 01908  
550700

## NHS Speak Translation

There are many acronyms and initial letters used by the NHS (NHS Handbook lists 568). Below is a table of the more frequently used terms with a brief description, which readers may come across. Most organisations have websites which give more details of what they do.

A & E	Accident and Emergency.	Also known as Emergency Department Hospital Department specialising in the acute (serious) care of patients who arrive without a prior appointment and often by Ambulance.
CCG	Clinical Commissioning Group.	Led by GPs to commission services. Responsible and accountable for planning, designing and paying for NHS services, including commissioning planned/emergency hospital care, rehabilitation, most community services and mental health and learning disability services.
CDiff	Clostridium difficile.	A bacterial infection.
CDU	Clinical Decisions Unit.	Hospital Department where, after examination and tests on an individual, a decision is made on the type of treatment(s) that he or she should receive.
CQC	Care Quality Commission.	Regulator for clinical excellence. See the CQC website if you have experienced poor care, or know that poor care is being provided somewhere you can report it to them, anonymously if you wish. You can also tell them when you feel you have received good care. They do not take complaints.
DNA	Did Not Attend	A patient who missed an appointment.
DTOCs	Delayed Transfer of Care	Patients who are medically fit, but have not been discharged.
FT/MKUHFT	Foundation Trust, MK University Hospital Foundation Trust	Providers of healthcare to patients/service users that have earned a degree of operational and financial independence.
GMC	General Medical Council	Independent regulator for doctors in the UK.
HCA	Health Care Assistant	Staff working in the hospital or community under the guidance of a qualified healthcare professional.
NHSE	NHS England	Executive non-departmental public body with a mandate from the Secretary of State to improve health outcomes for people.
NHSI	NHS Improvements.	Independent regulator to monitor Foundation Trusts (previously called Monitor).
NICE	National Institute for Health and Clinical Excellence	NICE's role is to improve outcomes for people who use the NHS and other public health and social care services by producing evidence-based guidance and advice for practitioners; developing quality standards and performance metrics for practitioners; providing a range of information services for practitioners and managers across the spectrum of health and social care.
PALS	Patient Advice and Liaison Service	Provides confidential advice and support to patients, families and carers and information on the NHS and health related matters.
PTS	Patient Transport Services	Free transport to and from hospital for non-emergency patients with medical needs.
RTT	Referral to Treatment	Time taken from referral to actual treatment.
TTO	To Take Out	Medicines given to patients at time of discharge from treatment.
SCI	Spinal Chord Injury	A patient who has suffered a spinal chord injury causing a varying degree of paralysis.

**Patients Missing Appointments: Sept - 198 Oct - 271 Nov - 285**

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

## Milton Keynes Local Group Meeting

**When:** 3<sup>rd</sup> Thursday of every month

**Where:** Centrecom Community Centre  
602 North Row, Secklow Gate West,  
Central Milton Keynes MK9 3BJ

**Free Parking**

### **Discussion Topic:** Schedule for 2019

**January 17<sup>th</sup>:** Update on local Integrated Diabetes Services

**February 21<sup>st</sup>:** Lets talk about food!

**March 21<sup>st</sup>:** Dr Asif Ali Diabetes Consultant.

**April 18<sup>th</sup>:** Lets get ourselves moving!

**May 16<sup>th</sup>:** A presentation from hospital eye care team.

**June 20<sup>th</sup>:** Lets talk about mood.

**July 18<sup>th</sup>:** Dr Husham Abuleis – Renal Consultant

Come along from 7pm for a cuppa and chat with other people in Milton Keynes living with and affected by diabetes.

**Meetings are free to attend and open to all**

For More Information, Call:  
01908 661039 / 07964161792

<http://miltonkeynes.diabetesukgroup.org/>  
[miltonkeynes.diabetesukgroup@gmail.com](mailto:miltonkeynes.diabetesukgroup@gmail.com)

Some useful help this winter

### **Sore throat**

Sore throats are common in winter and are almost always caused by viral infections.

There's some evidence that changes in temperature, such as going from a warm, centrally heated room to the icy outdoors, can also affect the throat.

**Top tip:** One quick and easy remedy for a sore throat is to gargle with warm salty water. Dissolve one teaspoon of salt in a glass of part-cooled boiled water.

It won't heal the infection, but it has anti-inflammatory properties and can have a soothing effect.

### **Colds**

You can help prevent colds by washing your hands regularly. This destroys bugs that you may have picked up from touching surfaces used by other people, such as light switches and door handles.

It's also important to keep the house and any household items such as cups, glasses and towels clean, especially if someone in your house is ill.

**Top tip:** If you get a cold, use disposable tissues instead of fabric handkerchiefs to avoid constantly re-infecting your own hands.

### **Flu**

Flu can be a major killer of vulnerable people. People aged 65 and over, pregnant women and people with long-term health conditions, including diabetes, kidney disease and chronic obstructive pulmonary disease (COPD), are particularly at risk.

The best way to prevent getting flu is to have the flu jab (or flu nasal spray for children aged 2 to 17). The flu vaccine gives good protection against flu and lasts for one year.

If you are over 65 or have a long term health condition, you are also eligible for the pneumococcal vaccine, which provides protection against pneumonia.

**Top tip:** Find out if you're at risk of getting flu by asking your GP. If you're in a high-risk group, see your GP to get the vaccination.



With my ailing memory, I'm thinking of changing my password to "incorrect" That way, when I log in with the wrong password, the computer will tell me ... " Your password is incorrect"

Answer  
to puzzle  
on page 1

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