



Practice News

The Practice has been successful in getting NHS England approval and funding to expand both the Brough and Holme on Spalding Moor Surgeries. The Brough Surgery proposal is currently in for planning. This proposal consists of an additional 7 consultation rooms, 1 treatment room, community room and significant improvements to the entrance and car park. Holme on Spalding Moor Surgery plans are under development and we are hoping to submit for planning later this month. This proposal consists of a full refurbishment and reconfiguration of the premises to gain an additional 4 consultation rooms, improved treatment rooms, relocation of the waiting room and improved patient access. As part of this



work we are also looking to address the drainage issues which we face on a regular basis at this site.

During building works at both sites there may be some disruption but we hope to be able to contain this to a minimum.

Mental health - lets talk about it

Last month saw Mental Health Awareness Week, a time when we should be empowered and encouraged to talk about our mental health more. Every week, 1 in 6 of us will experience a common mental health problem yet many still feel uncomfortable talking about it. This increases to 1 in 5 for those aged 5-16, and increases further for those aged 65+.



If you are concerned that you are developing a mental health problem, you should speak to one of our GPs or Advanced Care Practitioners. You will be supported through it and there are also other organisations waiting to help you.

For more information visit:

The Mental Health Foundation - <https://www.mentalhealth.org.uk/>

City Healthcare Partnership (counselling) - text TALK to 61825, call 01482 247111 or visit letstalkhull.co.uk

Emotional Wellbeing Service (counselling & CBT) - 01482 335451 or visit humberews.co.uk

Ieso Digital Health (online therapy) - 01954 230066 or uk.iesohealth.com

Insight Healthcare (counselling & CBT) - 0300 5550250 or insighthealthcare.org

Relate (counselling including sexual & relationship counselling) - 01482 329621 or relatehull.org.uk

Hull & East Yorkshire Mind (stress control courses) - 01482 240200 or heymin.org.uk

Samaritans - Call 116123 or email jo@samaritans.org

IAPT portal (therapy referrals) - iaptportal.co.uk/erew/html, text TALK to 60163, call 01482 301701 or email HNF-TR.ERSPA-MentalHealth@nhs.net

Bulk up your Summary Care Record

Additional information can now be added to your Summary Care Record (known as an Enhanced Summary Care Record). This will give a clinician additional information about you such as medical conditions, end of life planning and record of DNACPR (do not resuscitate) preferences.

Please ask at reception for further information.

Holiday vaccinations

As it is that time of year and everyone is going on holiday, please allow us enough time to review your holiday vaccination requirements. We encourage you to give 8 weeks' notice in case you require a course of vaccinations. You may not know this but Brough & South Cave are also Yellow Fever sites so we are able to give you the vaccination without the need to travel far. Please ask for a travel form at reception (which will be pre-filled with some of your details) or alternatively download a blank form from our website.



Are you eligible to be dispensed to?

We can only **dispense** medication to anyone who lives more than one mile away (**as the crow flies**) from a chemist. If you live within one mile of a chemist you can get your medication from any chemist but not the surgery dispensary. These are NHS **rules** which we have to follow strictly and are not set by the practice.

Third party consent

Following the recent introduction of GDPR regulations, we are reviewing our 3rd party consent procedures. A new form is available on our website for patients to complete to request 3rd party consent arrangements. This form will now have an expiry date of 12 months or shorter if you wish for it only to be for a limited period of time. In certain circumstances, the GP may grant that this is extended. We are recommending that all patients update their 3rd party consent arrangements with us.

Did you know about the new Urgent Treatment Centres and 8 to 8 Centres?

Urgent Treatment Centres can provide assessment, advice and treatment on urgent illnesses or injuries that are not serious, life or limb threatening such as simple broken bones, minor eye injuries and minor burns. Based in Beverley, Bridlington & Goole, urgent treatment centres are open 7am-11pm 7 days a week. You can either walk into an Urgent Treatment Centre or *talk before you walk* by calling 111 first.

8 to 8 Centres have qualified nurses who can assess minor injuries including cuts & grazes, minor head injuries and insect bites. Based in Driffield & Withernsea, 8 to 8 centres are open 8am-8pm 7 days a week. You cannot walk into an 8 to 8 centre and will need to call 111 first who will assess your symptoms and direct you to an 8 to 8 centre if appropriate.

General Data Protection Regulations ("GDPR")

You will have no doubt received many emails over the last month relating to data privacy. The GDPR is a new law that determines how your personal data is processed and kept safe, and the legal rights that you have in relation to your own data.

The GDPR sets out the key principles about processing personal data, for staff or patients data must be processed lawfully, fairly and transparently; it must be collected for specific, explicit and legitimate purposes; it must be limited to what is necessary for the purposes for which it is processed; information must be accurate and kept up to date; data must be held securely and it can only be retained for as long as is necessary for the reasons it was collected.



For more information, please pick up a leaflet in the surgery or have a look at the new GDPR page on the Patient Information section on our website.

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