

Pinfold Medical Practice's PPG October 2024 Newsletter

Contact us via **reception** or the **suggestion box** in the practice foyer

Email: nencicb-cd.pinfoldppg@nhs.net

Hi All,

The ICB (Integrated Care Board) have been working on a **cholesterol campaign** which aims to encourage adults aged 40 or over, or those with a family history of high cholesterol, and have not had a cholesterol check before or in the past 5 years, to get a check by contacting their GP surgery. If this applies to you, please do make an appointment to get your cholesterol checked.

Your **mental health** is also important and there are various ways in which you can access help. Please note you can **ring 111** and **choose option 2** to start the triaging process. Incidentally, just to give our farming families the heads up, we are going to be contacting you once more in the near future because Pinfold is now piloting a scheme regarding mental health within the farming community. This is to test services before being rolled out to the wider region.

Dr. Julia Pickworth is now in attendance at the practice for one day each week as a salaried GP.

The **LGBT Foundation** have recently released their 2024 pride in practice patient survey. This survey aims to capture data on patient experiences in primary care, be that at GP practices, dental practices, pharmacies or optometry services. The responses to this survey will be used to support the LGBT Foundation in improving awareness of the experiences LGBTQ+ patients have when using primary care services. If you are interested in taking part, further information can be found using the following links:

<https://form.jotform.com/242603515677358> | [Pride in Practice - LGBT Foundation](#)

Healthwatch County Durham have recently provided the following link which some patients may find useful:

[How to get the best from your GP Practice | Healthwatch County Durham](#)

Other useful links:

The **Patient Safety Commission** has recently produced their Patient Safety Principles. Further information can be found at: www.patientsafetycommissioner.org.uk

As you may have heard via various news and social media channels, the Health Secretary, Wes Streeting is asking the public for feedback on **improving the NHS**, you can find out more at: <https://change.nhs.uk/en-GB/>

Bernadette Hunt
PPG Chair & Teesdale Patient Representative