



# Newsletter - Spring 2017



## Facts about Blood Pressure (BP)

High BP is considered to be 140/90mmHg or higher. Ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg. If your BP is too high, it puts extra strain on your blood vessels, heart and other organs, such as the brain, kidneys and eyes. Persistent high BP can increase your risk of a number of serious and potentially life-threatening conditions, such as: **heart disease, heart attacks, strokes, heart failure, peripheral arterial disease, aortic aneurysms, kidney disease, vascular dementia.** If you have high BP, reducing it even a small amount can help lower your risk of these conditions. This is why it is important that you regularly take your BP tablets. If you are experiencing any side effects to any of your BP tablets (e.g. dry persistent cough), report it to us and we can change it to another type of tablet. Reducing your salt intake and increasing your activity levels will also make a great impact on reducing your BP.

## Poplar Grove Patient Participation Group (PPG & Friends)

If you have any unwanted gifts please consider donating to the PPG & Friends so as we can use them to raise funds for the practice. Please leave gifts at the practice reception and the staff will pass on to the PPG & Friends team. If you have a point you would like raised at the PPG & Friends meeting you can do it in one of the following ways: Post into our red post box by our board in the green waiting area in reception or Email one of the committee or come along to our monthly meeting.



**Chair of The PPG Fatima King** - Fatmaing60@gmail.com

**Chair of The Friends Jean Higgins** - Jeanhiggins11@gmail.com

**Vice Chair of The PPG & Friends Fiona Martin** - pgppg@outlook.com

**Staff contact for The PPG Debbie Midgely** (PGP Reception Manager) Debbie.midgely@nhs.net

**Staff contact for The Friends Sue Thomson** (PGP Office Manager) – Sue.thomson@nhs.net

**Easter Tombola** to raise funds for a new scanner for the admin team. PGP will be running a tombola on the following dates & times 6,7, 10,11,12 & 13 April. 9.30-1130 & 3-5. Tickets are 50p each or 3 for £1.



## **Garden Volunteers Needed**

Do you enjoy gardening? We are looking for some volunteers to help tidy up our garden, litter picking, weeding, cutting lavender back etc. If you can spare an hour or 2 please get in touch [pgppg@outlook.com](mailto:pgppg@outlook.com)



**ALR Training**

**ALR Training  
First Aid Training  
For Parents  
Only £15.00**



**Baby & Child First Aid Course  
27th April 09:30-11:30 at The Healthy Living Centre,  
Walton Court, Aylesbury HP21 8TJ**

First Aid training aimed at Mums & Dads, Grans & Granddads and anybody involved in the care of children. This short course is delivered by NHS trained medics and paramedics who will provide you with the skills and knowledge to deal with accidents and medical emergencies involving babies, toddlers and children. Our friendly and approachable trainers will teach you what to do in a range of emergency situations. CPR and recognition of the sick child. Book now by telephone or visit our website. Courses available at venues across Bucks and surrounding counties.



**www.alrtraining.co.uk Email: [alrtraining@aol.com](mailto:alrtraining@aol.com)  
Tel: 01296 720705 Mobile@ 07444 715039**



Poplar Grove Practice  
Meadow Way  
Aylesbury HP20 1XB

Tel: 01296 468580  
Fax: 01296 398771

Open Mon - Thurs  
0730-1930  
Fri 0730-1830

Call Poplar Grove  
AM - 0800 and 1230  
PM - 1400 and 1830



## Patient Access and Ordering Repeat Medication.

When you've signed in to Patient Access, you will see a section for Repeat prescriptions on your homepage where you have the option to Request a repeat prescription. Click Request a repeat prescription./ Select the medication that you need a prescription for. You can only request prescriptions for medication that your doctor has already prescribed for you. If a message box is shown, you can type a message to go with your request. Click Submit Request. When you've confirmed a request, you can't cancel or change it from Patient Access, so you'll need to contact the practice directly if you need to make any changes. When you go back to the list of medication on the homepage, you'll see that each item you requested has a status beside it. If the status is requested, this means that your request has been sent to the practice and is waiting for the practice to take action. If the status is accepted, this means that the practice has accepted your request, but you might need to wait another two working days before you can collect your prescription. If the status is rejected, this means that the practice can't give you the medication, so you will need to contact them. Poplar Grove Practice strongly advise to monitor your requests to avoid any problems arising due to medications not being ready for collection.



## CarersBucks

If you look after someone through illness,

disability or frailty and they cannot manage without you, you are a CARER. Help can be given with the following:

Up to date information and advice carers' issues, Help with knowing your rights and entitlements, A practical and emotional learning programme, Help to create an emergency plan, Opportunities to meet other carers, Somebody to talk to in confidence, Regular support groups across the County, Guidance on health and social care services, Regular events and newsletters for carers

Contact details are as follows:

Carers Bucks, Ardenham Court, Oxford Road, Aylesbury HP19 8HT Tel: 0300 777 2722 (calls charged at local rate)

Email: mail@carersbucks.org

### Save the Date!

### Carers Bucks Autumn Ball Saturday 7th October 2017

Following the success of last year's Autumn Ball we have arranged an Autumn Ball for 2017! This year's Autumn Ball will be held at Chartridge Lodge Nr Chesham. Tickets £45

to include a glass of prosecco on arrival, three course meal and music! Tickets will be available to purchase on line soon via PayPal on the Carers Bucks website.

### Mentmore Art Festival

Carers Bucks will be one of the chosen charities to benefit from this event. The 9th Mentmore Arts Festival will be held from Saturday 27th to Monday 29th May 2017 from 11.00 am to 5.00 pm. It is an opportunity to have a family day out with their refreshment tent offering light lunches, teas, coffee and a bar including Pimms and local beer. There will also be a raffle with some great prizes. For full information please visit their website.

[www.mentmore-arts-festival.co.uk](http://www.mentmore-arts-festival.co.uk)



This organisation exists to support your voices and help improve your

local health and social care services, championing patient experience at all levels. We talk to the people who run your health and social care services, including hospitals, dentists, GPs and care homes. We use your feedback and our independent reports to help shape health and social care services in Buckinghamshire. Our vision is that everyone who needs them experiences high quality health and care services in Buckinghamshire. [www.healthwatchbucks.co.uk](http://www.healthwatchbucks.co.uk)

### GPS WORKING DAYS

We offer some on the day appointments and some fast track appointment for minor illness on the day. There are also appointments available which you may pre-book up to two weeks in advance to see the doctor of your choice (subject to that doctor being available). This option is helpful if you need to plan ahead. Below is a list of the days each of our GPs work normally, which should enable you to call on the days that the doctors are available



MONDAY	Dr Wakeford	Dr Beesley	Dr Pillai	Dr Taylor	Dr Cornish
	Dr Sutton	Dr Molloy	Dr Campling	Dr Mayer	Dr Johnson
TUESDAY	Dr Wakeford	Dr Beesley	Dr Pillai	Dr Taylor	Dr Cornish
	Dr Sutton	Dr Molloy	Dr Scott	Dr Mayer	Dr Dent
WEDNESDAY	Dr Johnson	Dr Shaid	Dr Pillai	Dr Apakama	Dr Mallya
	Dr Sutton	Dr Molloy	Dr Campling	Dr Mayer	Dr Cornish
THURSDAY	Dr Wakeford	Dr Beesley	Dr Pillai	Dr Taylor	Dr Mallya
	Dr Johnson	Dr Scott	Dr Dent	Dr Apakama	
FRIDAY	Dr Wakeford	Dr Campling	Dr Pillai	Dr Shaid	Dr Mallya
	Dr Johnson	Dr Dent	Dr Apakama		



**POPLAR GROVE**  
PRACTICE

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