



Argyle Medical Group Summer/Autumn Patient Newsletter



Staff News



Argyle Medical Group Celebrate with a Silver Award

We're delighted to announce that Argyle Medical Group, were recently recognised for their commitment to carers. The surgery were presented with the Silver level Investors in Carers award by Elaine Lorton, Pembrokeshire County Director for the health board. Jo Bidgood, Carers Lead for the surgery, said: "Argyle Street Surgery is very pleased to accept this award, on behalf of all of our carers, known and unknown. They do an amazing job and are greatly valued"

Argyle Medical Group supports Veterans

In Wales, veterans have access to a new service called the All Wales Veterans Mental Health and Wellbeing Service. Veterans who think they may be suffering from Post Traumatic Stress Disorder (PTSD) can refer themselves to the service or can access it through other organisations such as the Royal British Legion (RBL), Soldiers Sailors Airmen Families Association (SSAFA Forces Help) and the Veterans Welfare Service (SPVA). Patients are encouraged to advise their GP or health professional of their veteran status, and GP practices are able to record this using a consistent clinical code within the patient electronic record.



Argyle Patient Participation Group



- Are you looking for a new challenge?
 - Do you think you can make a difference?
 - Can you spend two hours of your time to attend a quarterly meeting?
- If the answer to the above is yes, then why not join the Argyle PPG (patient participation group)

We usually hold our meetings every quarter on a Monday evening in Argyle Surgery in Pembroke Dock. We receive updates from the Practice, The Health Board, Social Services and Community Connectors. We discuss the appointment system, staffing numbers, 'No Shows' and any other matters that may affect the patients.

We Do Not however discuss individual cases and because of Data protection patients names are never mentioned.

No formal qualifications are required but you must be over 18 and registered with the Practice you also must have a genuine desire to try and make a positive difference to make the Practice run smoother. You will also be asked to sign a confidentiality agreement. WE ARE CURRENTLY LOOKING FOR NEW MEMBERS. If you are interested please contact the chair of the Group on;

dw.evans@btinternet.com

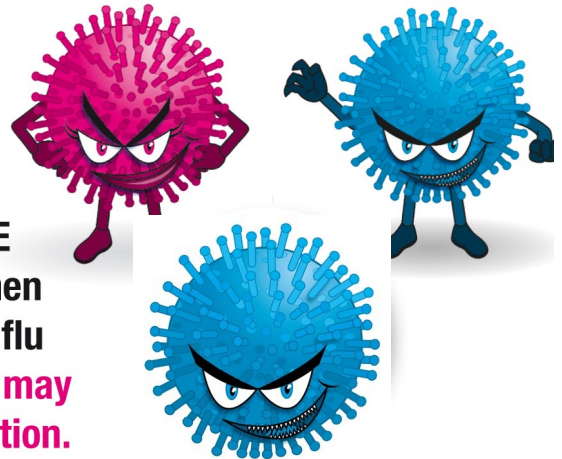




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TAKE THE FLU JAB TEST – NOW



If you answer YES to just ONE of the following questions, then you may be at risk if you get flu this winter. **What's more you may be entitled to a FREE vaccination.**

REASON YOU MAY BE AT RISK	YES/NO
Do you have a chest problem like asthma that means you need to use a steroid inhaler, chronic bronchitis or emphysema?	?
Do you have a heart disease?	?
Do you have diabetes?	?
Have you had a stroke or TIA (sometimes called a mini stroke)	?
Are you pregnant?	?
Do you take medicines which weaken your immune system?	?
Do you have chronic kidney disease?	?
Do you have chronic liver disease?	?
Are you the main carer for someone else?	?
Are you a member of voluntary organisation who provides first aid at public events?	?
Are you a member of a Welsh Ambulance Service Trust first responders' scheme?	?
Do you live in a residential care home?	?
Are you over 65 years of age?	?

Flu Jab appointments will be available from the end of September, we will also be holding Saturday clinics, please ask at reception to confirm dates soon.

