

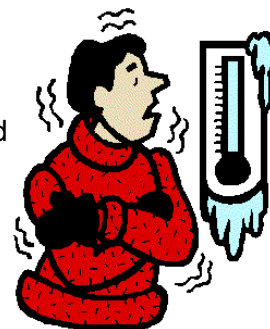
Access to medical records by a third party

Recently, we have had several incidences of relatives requesting information from the medical records of their relative, such as test results, etc. Unfortunately, we are unable to give out this information without a form or letter from our patient to give their consent for a named third party to be able to access their medical records. To help with this, we have made a form which can be completed to state these wishes.

If you would like someone to be able to act on your behalf and/or have access to test results, etc, please ask for a 3rd party consent form at Reception and return it to the Surgery. We can add your wishes to your medical records.

Keep Warm, Keep Well

Cold homes can have a big impact on your health, and one of the most effective ways of keeping well during winter is to stay warm. This can help prevent colds and flu, as well as more serious conditions, including pneumonia, heart attacks, strokes and depression.



Try some of these tips to help keep you warm this winter:

- ✓ Draw your curtains at dusk and keep doors closed to block out draughts.
- ✓ Have hot drinks regularly, and eat at least one hot meal a day if you can. By eating regularly you can keep energy levels up during winter.
- ✓ Instead of wearing one chunky layer of clothing, wear several light layers of warm clothes.
- ✓ Keep active in your home if possible, movement will help keep you warm. Wear shoes with a good grip if you need to go outside on cold days.
- ✓ Keep your bedroom at 18°C and main living room at 21°C (65 and 70°F). If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep.
- ✓ Try to go and see friends, relatives or neighbours who may be vulnerable to cold weather. Cold weather is especially dangerous for older people or people with serious illnesses, so check up on them if you can.

For more information on keeping warm and well, visit NHS Choices

Online Services

Visit www.harburysurgery.org.uk and sign up to patient access to be able to book or cancel GP appointments and order repeat prescriptions. You can now also view your medical record all from the comfort of your own home! This service is only available to all patients over the age of 16.

Please speak to one of the Receptionists for more information and help signing up!

Patient Participation Group

The PPG is a small group of volunteers whose role is to represent patient's views and to support the partners and staff members at both Harbury and Bishops Itchington surgeries. Following the last PPG meeting, John Stringer has been appointed the position of Chairman and Tony Thurlbeck as Vice-Chairman.

If you are interested in joining this group and attending our next meeting, please speak to one of the Receptionists.