

PPG Christmas Charity Raffle

The Christmas raffle organised by Burbage Surgery Patient Participation Group raised £870 for charity.

Members agreed to donate £500 to Sketchley Hill Menphys Nursery. The remaining £370 will go into patient group funds in readiness to buy items/equipment to benefit patients when the surgery improvements have been completed. Chairman John Moore and group member Tony Sheldon who co-ordinated the raffle organisation, said they were delighted with the response. They thanked the hundreds of people who bought tickets, local businesses and individuals for their generous donations. John said "It is the second raffle we have organised and we raised slightly more money than we did on our first. We couldn't have done it without the help of so many people and we are grateful to them all for helping to make it such a success.

The full list of donors were: Asda, Black Diamond Boutique, Boyslade Garage, Bulls Head Wolvey, Creative Curtains, Ellen Louisa's Tearoom, Kennedy's Hair, Leicester City FC, Malvina's, Perfect 10, Rebecca Dawe Photography, G Seller & Co, Severn Garage, Sketchley Grange, Spire Hospital, Tesco, Wolvey General Store, Wolvey Post Office, Burbage Surgery Partners and Staff, Patient Group members.

Staffing news

Dr Adela Szrok gave birth to a baby boy in November 2017 and both mum and baby are doing well. Diane Wightman and Denise Davis have now joined our team of receptionists and Lynn Wilcox has joined our administration team.

Comments and Suggestions

While we constantly strive to provide a good friendly and efficient service, we realise that occasionally things do not go as smoothly as we would like. If you think this has happened to you, please ask to speak with the practice manager, Wendy Shaw, who will try to sort out the problem

Premises update

We are delighted to inform patients that our application for planning permission for the long awaited expansion of our main premises has been approved. Preliminary investigative work is now being undertaken on the building and we are in the process of going out to tender for the required building work. We are hoping that building work will commence sometime in March 2018 with a project completion date of March 2019. Plans of the proposed surgery layout and elevations are on display in the waiting area.

There will, no doubt be considerable disruption to surgeries whilst the work is being undertaken but please be assured that we will do our utmost to maintain clinical services and aim to minimise any inconvenience to patients. We will be working with a Health and Safety Team throughout this period to ensure that all areas of our premises are safe at all times.

We would like to thank all patients who participated in our on line survey regarding our proposed surgery development. Although the survey uptake was quite low for the size of our practice population, the response from those who participated was very positive and all comments have been noted.

Help to protect yourself from infection and prevent the spread of flu this winter

Health leaders in Leicester Leicestershire and Rutland are urging people to protect themselves against the flu this winter. Once flu is circulating, apart from vaccination, good hand hygiene is the main way to prevent it spreading.

Dr James Ogle, GP in Leicestershire said: "Preventing the spread of germs is the most effective way to slow the spread of flu. And it's easy to follow a few simple steps to help protect yourself and your loved ones this winter. Good hand hygiene is important not only in preventing colds and flu but it also helps to limit your exposure for other infections such as norovirus, which is also prevalent in winter. To clamp down on germs, we urge everyone to 'Catch it. Bin it. Kill it': use a tissue to catch coughs or sneezes, and then throw away the tissue. Finally, kill the germs by washing hands properly. You should wash your hands for at least 20 seconds, about the time it takes to sing 'Happy Birthday' twice, and make sure to use soap. These simple measures can make a big difference and will

help protect you, your family and those around you."

Hand washing with warm water and soap is the most effective and inexpensive way to prevent the spread of germs and infections. Studies show it lowers the transmission of flu, colds and diarrhoea, both at work and home as well as in NHS facilities. Parents are being reminded to make sure that children are taught how to wash their hands properly, particularly if they are around grandparents or friends and relatives that are ill. Washing hands properly should take about as long as singing "Happy Birthday" twice (around 20 seconds). People who are suffering from an illness such as colds and flu are also asked to try to avoid visiting relatives in hospital where possible, to help prevent infection on the wards.



Dr Ogle continues:

"We understand that people will want to visit their loved ones when they're in hospital, even when they are not in the best of health themselves. Patients in hospital are more susceptible to bugs and infections, and they can spread fast. We urge anyone with a heavy cold to try to avoid visiting where possible, and when you do visit, please wash your hands properly and use a tissue when you sneeze."

The power is in your hands! – Eleven steps to ensuring your hands are free of potential viruses and infections.

1. Wet your hands with water (warm or cold)
2. Apply enough soap to cover all over your hands. You can use alcohol-based handrub if you don't have immediate access to soap and water.

3. Rub hands palm to palm.
 4. Rub the back of your left hand with your right palm with interlaced fingers. Repeat with the other hand.
 5. Rub your palms together with fingers interlaced.
 6. Rub the backs of your fingers against your palms with fingers interlocked.
 7. Clasp your left thumb with your right hand and rub in rotation. Repeat with your left hand and right thumb.
 8. Rub the tips of your fingers in the other palm in a circular motion, going backwards and forwards. Repeat with the other hand.
 9. Rinse hands with water (warm or cold).
 10. Dry thoroughly, ideally with a disposable towel.
 11. Use the disposable towel to turn off the tap.
- You can find out more at www.nhs.uk/Livewell/homehygiene/Pages/how-to-wash-your-hands-properly.aspx