

## **News from Bottisham Medical Practice Patients' Group**

**Health Care Assistant:** Bottisham Medical Practice has recently recruited a new Health Care Assistant (HCA) Clarissa Fordham who starts work at the Surgery in mid-January and we are all very much looking forward to her joining the practice. She will be supporting the nursing team by providing a wide range of general clinical procedures for patients while working within our new clinical treatment facility.

**Antibiotic Use:** Antibiotics are a vital tool used to manage bacterial infections. A Public Health England report highlights how more than 3 million common procedures such as caesarean sections and hip replacements could become life-threatening without them. This campaign returns to alert the public to the risks of antibiotic resistance, urging them to always take their doctor, nurse or healthcare professional's advice on antibiotics. Antibiotics do not work on virus infections.

**New Guide for stroke survivors:** Around 80,000 people a year are admitted to hospital with a stroke, and there are more than one million stroke survivors in England. The recently updated My Stroke Guide from the Stroke Association – Helpline 0303 3033 100 - gives people free access to trusted information about stroke and risk factors, alongside advice on prevention. It includes personal stories from stroke survivors, case studies from healthcare professionals who have used the guide and explains how it can support staff working with people affected by stroke. It also includes information on locally commissioned support services.

**Walks for Health:** The next walks with our accredited walk leader Steve Gilson start at 11.00 am from the surgery car park on 15 and 27 February, 15 and 27 March, 17 April 2019. Do join Steve for a walk he would be delighted to see you. Anglesey Abbey walks continue on Thursdays at 10am from the reception area.

**Next Meeting:** Next meeting will be Thursday 28 March 2019 at 6.30pm at the surgery.

***Bottisham Patients' Group***