



## Patient Participation Group (PPG)

PPGs offer views on a GP's services from the patients' perspective. To deliver high quality services it is important that GP Practices involve patients and the public in making decisions and evaluating services.

PPGs are defined as 'constructive critical friends' within the practice environment, to ensure that services are responsive to patients' needs and that they improve over time. Every PPG is unique and evolving to meet local needs. They carry out research, hold health awareness and information events, support the practice in its dealings with other bodies, and carry out patient surveys.

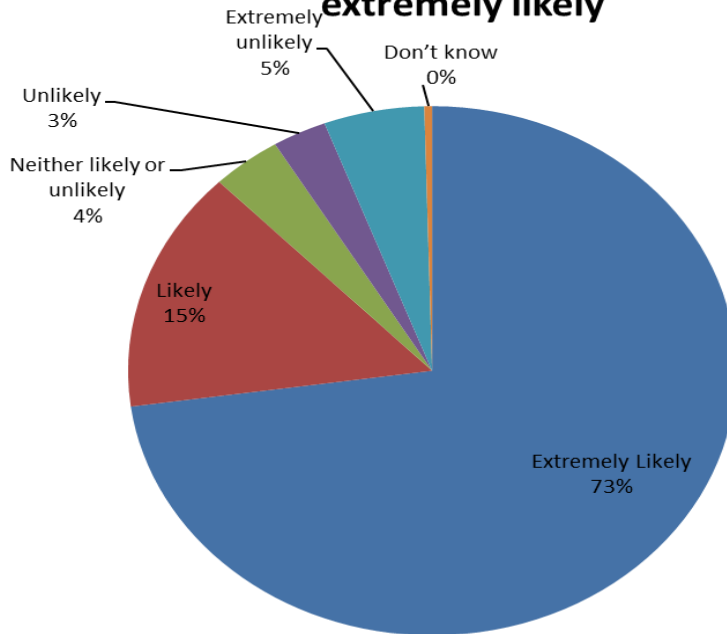
Most commonly they find out what patients think, and meet regularly with the Practice Manager, GPs and other staff, to identify improvements and sometimes contribute towards carrying out changes. These meetings also provide support to individual patients, helping them to make informed decisions about managing their health conditions, and show people where to find additional services and support in the community.

## Inside this issue

- Friends and Family
- Your Next Poo Could Save Your life!
- Polio Campaign
- Flu Campaign
- Covid Campaign

## Friends and Family Results August 2022

**88% of responses are either likely or extremely likely**



## Your Next Poo Could Save Your Life!



We are supporting a London-wide campaign to encourage more patients to do their free NHS bowel cancer screening home test, which checks if you could have bowel cancer.

People who are the right age are sent a free NHS FIT (Faecal Immunochemical Test) kit every two years. You use it to collect a small sample of poo and post it back to an NHS lab.

The campaign by NHS London, “Your next poo could save your life”, urges more people to use their kit – a message we wholeheartedly endorse.

To find out more and hear from other Londoners about their experience of bowel cancer screening, visit [www.healthy london.org/bcs](http://www.healthy london.org/bcs)

If you have symptoms of bowel cancer which last for three weeks or more, please contact the practice and ask for an appointment.



## Polio Campaign

The NHS is inviting children aged 1 to 9 in your borough to receive a dose of a vaccine against polio. For some children this will be an additional booster dose if they are already up to date with their routine vaccinations, in others who are not up to date it will be a catch-up dose.

Polio is an infection caused by a virus that attacks the nervous system – it can cause permanent paralysis of muscles. It is rare but can be very serious for unvaccinated people.

Traces of poliovirus have been found in sewage in some London boroughs, and the best way to protect your child is to make sure they are fully up to date with vaccinations. Both the booster dose and routine vaccination will increase your child's protection.

The Vaccine has been safely used in millions of children and will give them a high level of protection from poliovirus.

## Polio Vaccinations

We are pleased to announce that bookings are now open for children aged 5 to 9 to get their Polio vaccine at one of NW London's vaccination sites.

Sites offering bookings are at **CP House** in Ealing, **Brent Civic Centre and 145 King Street** in Hammer-smith & Fulham. There are also a number of community pharmacies that will also be able to offer the polio vaccine.

Booking links for the vaccination sites can be found at: [www.nwlondonics.nhs.uk/your-health-services/your-health/polio-vaccinations](http://www.nwlondonics.nhs.uk/your-health-services/your-health/polio-vaccinations)

# Flu Vaccination Campaign 2022/23

Flu Vaccination are now available at the practice for eligible patients. We are sending out text message invitations, however, if you are eligible, please call us to book an appointment.



**NHS**

## FLU FACTS VS FLU FICTION

**Dr Dan Yeomanson,**  
Consultant Paediatric Oncologist

---

**FICTION**  
The flu jab gives you flu.

**FACT**  
The flu jab cannot give you flu as it doesn't contain any live viruses.

---

**FICTION**  
A healthy diet and vitamin C will prevent flu.

**FACT**  
Flu is a virus and can affect anyone, no matter how good your immune system is.

---

**FICTION**  
The vaccine does not work, I still got flu!

**FACT**  
Over the last ten years, the vaccine has provided good coverage against flu and it is still the best way to fight flu this winter.

---

**FICTION**  
I've never had flu so I'm not likely to get it.

**FACT**  
The flu virus mutates so you need to be vaccinated yearly for protection.

---

**FICTION**  
The vaccine is not safe.

**FACT**  
The vaccine is well tested and has an excellent safety record.

---

**FICTION**  
I'm not in an at risk group.

**FACT**  
Anyone can get flu and pass it on to vulnerable groups – even with no symptoms.

---

 **flu fighter**

 **Public Health England**

A leading workforce campaign delivered by  
 **NHS Employers**  
© NHS Employers 2015

## Covid 19 Vaccination Campaign 2022/23

The government states the following people should be offered a COVID-19 booster vaccine this autumn:

- residents in a care home for older adults and staff working in care homes for older adults
- frontline health and social care workers
- all adults aged 50 years and over
- persons aged 5 to 49 years in a clinical risk group, as set out in the Green Book
- persons aged 5 to 49 years who are household contacts of people with immunosuppression
- persons aged 16 to 49 years who are carers, as set out in the Green Book.

For further information you can call 119 please refer to nhs website. <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/how-to-get-a-coronavirus-vaccine/how-to-get-a-booster-dose/>

An illustration on a blue background showing four scientists in white lab coats working at a long white table. From left to right: a woman holding a clipboard, a man looking through a microscope, a man holding a test tube, and a woman holding a flask. On the table are several test tubes in a rack. In the top right corner, the NHS logo is displayed in white on a blue rectangular background.

The **COVID-19 vaccine** has undergone rigorous tests, including clinical trials, that are globally recognised as having the **highest safety standards**.



**Chalkhill Family Practice**

113 Chalkhill Road

Wembley

London

HA9 9FX

Tel: 020 8736 7033

[www.chalkhillfamilypractice.nhs.uk](http://www.chalkhillfamilypractice.nhs.uk)