

# HOLMHURST VOICE



## PPG QUARTERLY NEWSLETTER

2nd edition

1-9-2025

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

### DID YOU KNOW

If you are aged 40 and above, the pharmacist can measure your blood pressure for FREE and have a chat with you about your results. This service is available at Kamsons Pharmacy.



### BECOME A MEMBER OF PPG

The purpose of the PPG, is to establish a direct line of communication between the practice and a representative group of patients.

Through regular discussions and feedback, the practice aims to address concerns, implement improvements, and tailor their services to better meet patient needs.

The Patient Participation Group (PPG) will be mutually beneficial as it allows members and the practice to engage in meaningful discussions and exchange ideas.

This collaborative effort fosters a better understanding of patient needs and preferences, leading to improved services. By working together, areas for improvement can be identified, effective solutions implemented, and the overall patient experience and outcomes are enhanced. We are looking for more volunteers to join our PPG group. The PPG group meet 4 times a year between 6pm -7pm at the Holmhurst Medical centre You can contact our receptionist for more information.



### STAFFING

Holmhurst has appointed 2 new receptionists, one replacement and one additional receptionist. There are two locum nurses who are currently working at the practice.



For healthcare on the go:

Why not try and get familiar with the improved NHS app.

Click on the link below to download the app.

<https://www.nhs.uk/nhs-app/>

You can also get medical help from NHS via the NHS app or by calling 111 or call 999 for emergencies.

## UNUSED PRESCRIPTION MEDICINES

Costs the NHS across England over £100 million every year. **REMEMBER**.....only order what you need and help us make more of your local NHS.

Sometimes patients and carers with repeat prescriptions continue to get more medicines than they need and stockpile them at home. Eventually this unused medicine expires.



### Unused medicines cannot be recycled.

- Even if you have never opened them, once your medication has left the pharmacy it cannot be recycled or used by anyone else.
- Please bring your unused medication to the pharmacy for safe disposal.

### Unused Medicines are a safety risk

- Unused medication kept at home is a safety risk for children and others. Please remember that your medication is prescribed for you and only you– it is not safe to share.

## HOW CAN YOU HELP?

### Only order what you need.

Let your GP or pharmacist know if you've stopped taking any of your medicines.

Check what medicines you still have at home before re-ordering

Think carefully before ticking all the boxes on your repeat prescription forms and only tick those you really need.

## AT KAMSONS PHARMACY

The NHS contraceptive service is available at Kamsons Pharmacy. If you are interested in taking the contraceptive pill the pharmacy can get you started.



Already taking the contraceptive pill? Our pharmacist can issue your next supply, without the need to see your GP.

Speak to a member of the team today

## MENTAL HEALTH



### What do you do to look after your wellbeing?

Visit [www.healthysurrey.org.uk/fiveways](http://www.healthysurrey.org.uk/fiveways) or scan the QR code to find out more about the 5 Ways to Wellbeing.

