



Patient Participation Group

Our PPG is looking to develop a virtual representation group. All that you will have to do is log onto our website, www.whiteladies.nhs.uk and send us your email contact details. We will then contact you no more than 3 times a year to ask you to complete one of our surveys. These opinions will help us develop services and clinics that truly represent our patients.

Managing Diabetes

Help us to help you by making sure you follow up on your regular diabetes checks. Talk to one of our nurses about managing your diabetes.

Your Pharmacy

Use your local Pharmacy first before seeing your GP or visiting A&E for a minor illness, such as diarrhoea, colds, coughs, insect bites, simple wounds. NHSE estimates that around 18 million GP appointments and 2.1 million visits to A&E cost the NHS more than £850 million each year - the annual cost for 220,000 hip replacements.



Children Vaccinations ...are important

As a parent you may not like seeing your baby or child being given an injection. But remember vaccinations will help protect them against a range of serious and potentially fatal diseases. There are 3 good reasons to have your child vaccinated:

1. vaccinations are quick, safe and extremely effective
2. once your child has been vaccinated against a disease, their body can fight it off better
3. if a child is not vaccinated, they are at a higher risk of catching and becoming very ill from the illness.

If you want to find out more about childhood vaccinations then log onto our web site or speak to one of our nurses.

Is your child vaccinated against measles - ask one of our receptionists for your child's immunisation history and help protect them.



Patient on line access

Come and ask our reception team about signing up for on line access to:

- Appointments
- Requesting your repeat prescriptions
- Accessing your summary care record
- Our results texting service
- Full access to your record

Looking after your Data

Your data is important to us. We hold your data in the following way:

- In a printed copy
- on line
- we hold data from other providers such as hospitals, blood test results and attach it to your record,
- we share data with other health service providers such as the summary care record, unless you have informed us that you do not wish your data to be shared.
- we will always ask for your consent

Health & Well Being

Eat well and eat healthy - check out [NHS choices](#) for your interactive eat well guide.

Check out [change for life](#) for tips and advice on healthy eating for children

Take up a new activity this summer - www.bristol.gov.uk/web/live-well-bristol

Time to quit smoking? - make an appointment with one of our HCAs or try the [Live Well Bristol smoke free app](#).

Check out NHS Choices for the latest apps to download

Speak to Sam our HCA or your GP about [12 weeks of free vouchers for Slimming World or Weight Watchers](#)

And for our more mature patients [Staying Steady](#) is a programme of strength and balance classes to help build strength, walk steadily and lower your risk of falling

Try Alive n Kicking for children's healthy lifestyle and weight management service at [Alive n Kicking Facebook page](#)



