

Springfield Patient Participation Group (PPG)

We are the Patient Participation Group, a group of volunteers who represent the patients of the Springfield Practice.

Independent from the surgery, we are here to represent your interests to the practice so they can best meet all our needs. We produce this newsletter for the benefit of all surgery patients.

The Editor

Any suggestions as to what you want to hear more about in future editions then please email us at:

springfieldppg@yahoo.com

Canalside Health Care Centre,
Bingley Telephone: 01274 567991


Patient NEWSLETTER

•WHY•

EMERGENCY CONTACTS & Medical IDs MATTER



Setting up emergency information on your phone only takes a few minutes, but can make all the difference in an emergency.

Try it now 

Our Senior Partner, Dr Simon Gazeley recently had an emergency situation to deal with and has subsequently asked SPPG to advertise the Emergency ID facility available on your mobile phone as it can be life saving. Therefore on the next couple of pages space has been set aside to convey this important information.

Background

Setting up your emergency information and contacts is a critical step for your personal safety. This information can be accessed by emergency responders from your phone's lock screen, even if the phone is locked.

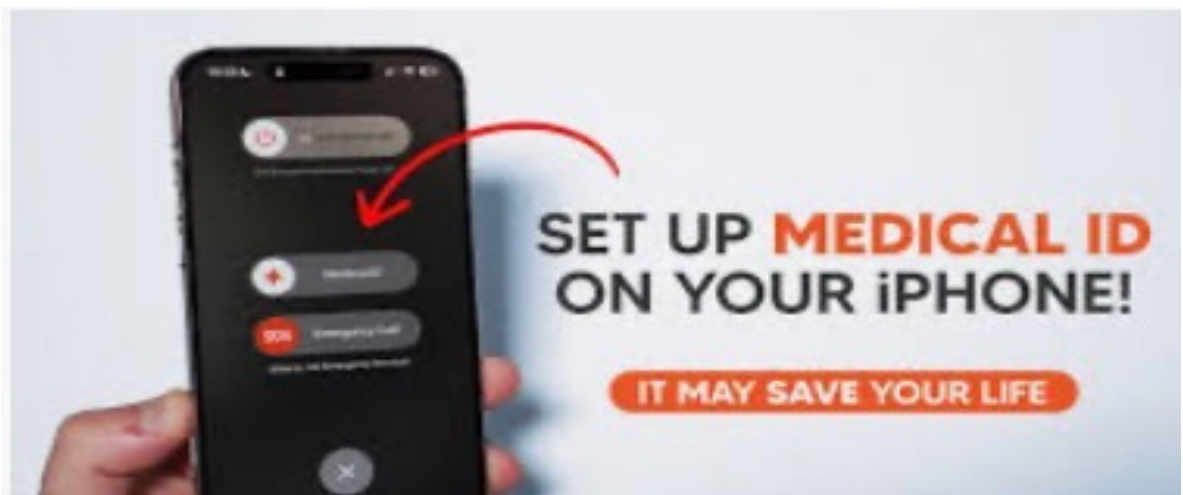
Emergency staff can see Medical ID info on an iPhone or Android phone by first selecting the "Emergency" button on the lock screen and then choosing "Medical ID" or "Emergency Information" to view the stored profile, which includes medications, allergies, conditions, and emergency contacts. This requires the user to have previously enabled the feature and added their information to the health app (iPhone) or equivalent safety settings (Android).

On an iPhone

1. Wake the iPhone and select "Emergency" from the passcode screen.
2. Tap "Medical ID" to view the information.

On an Android phone

1. On the lock screen, tap "Emergency".
2. Tap "Emergency Information" to view the data.
3. This information is accessible as long as the user has enabled the option to show information on the lock screen in their phone's safety settings.



Setting up the Medical ID on your Phone

Navigate to the Health app on iOS devices or the Contacts app on Android, find the "Medical ID" or "Emergency Info" section, and fill out your personal health information, allergies, and emergency contacts etc. This information can be accessed by first responders from your lock screen without needing your passcode, making it a vital safety feature.

For iPhones (iOS):

1. Open the Health app .
2. Go to your Medical ID: Tap your profile picture or initials in the top-right corner, then tap "Medical ID".
3. Edit your Medical ID: Select "Edit" in the top-right corner.
4. Add or update information: Fill in your medical conditions, blood type, allergies, medications, and emergency contacts.
5. Enable "Show When Locked": Make sure the "Show When Locked" option is toggled on so first responders can access it from the lock screen.
6. Save your information: by tapping "Done".

For Android Phones:

1. Open the Contacts app .
2. Find your contact card: Tap on your own name in your contact list.
3. Locate "Emergency Info": Scroll down to find the section labelled "Emergency Info".
4. Add or edit details: Tap the tab for "Medical Info" or "Emergency Contacts" to add your health information and the people to call.
5. Save your changes: by tapping the "Save" button.

How it Works in an Emergency:

1. When your phone is locked, select the "Emergency Call" option.
2. Tap "Medical ID" or "Emergency Info" to view the information you've added.
3. This allows you to securely share crucial health details with first responders, even if you cannot unlock your device yourself.

NOTE - Information downloaded from Internet – accuracy for your phone may vary.

APPOINTMENTS



“ I really needed the appointment that you didn't turn up to...

GP appointment?
Can't make it?
Don't need it?

CANCEL IT!

Did Not Attend (DNA) an Appointment							
	Appointments available	DNA's	% Attended	% DNA	Cost per Appointment	Cost of Lost Appointments	Lost Hours (10mins/Appnt)
JAN '26	4,876	83	98.30	1.70	£37	£3,071	13.8
FEB '26	4,889	84	98.28	1.72	£37	£3,108	14.0
TOT	9,765	167	98	2	37	£6,179	27.8

Did you know that you can easily and quickly cancel your GP appointment with the NHS App and allow someone else a chance to be seen. Just a few clicks!

Got a smartphone? Make your life easy

The NHS App

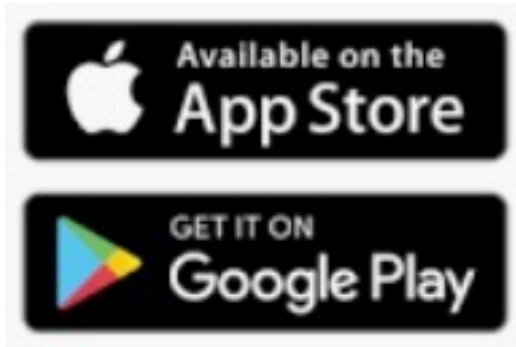
This is a handy tool for anyone using the National Health Service in England. It lets you book appointments with your GP, order repeat prescriptions and even peek at your GP's records. Plus, you can use the app to get in touch with NHS 111, tweak your data sharing settings and jot down your organ donation and end-of-life care wishes. Also a quick and easy way to CANCEL an appointment.

And guess what? You can check out your medical records and see the results of your tests right from the app.

Usually, if your blood tests and other stuff are all good, your doctor won't get back to you. But if the results aren't normal, they will.

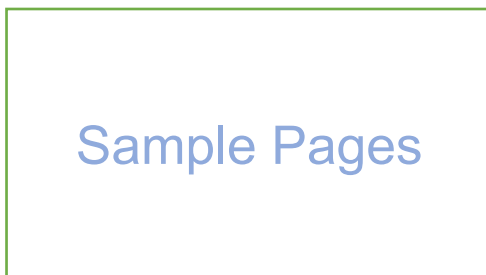
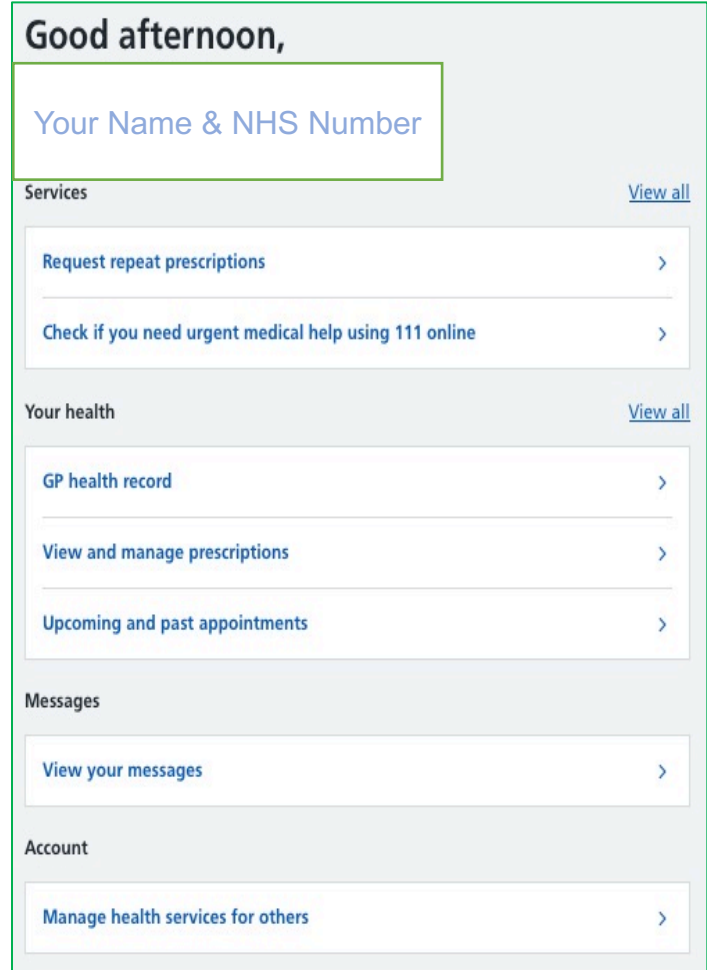
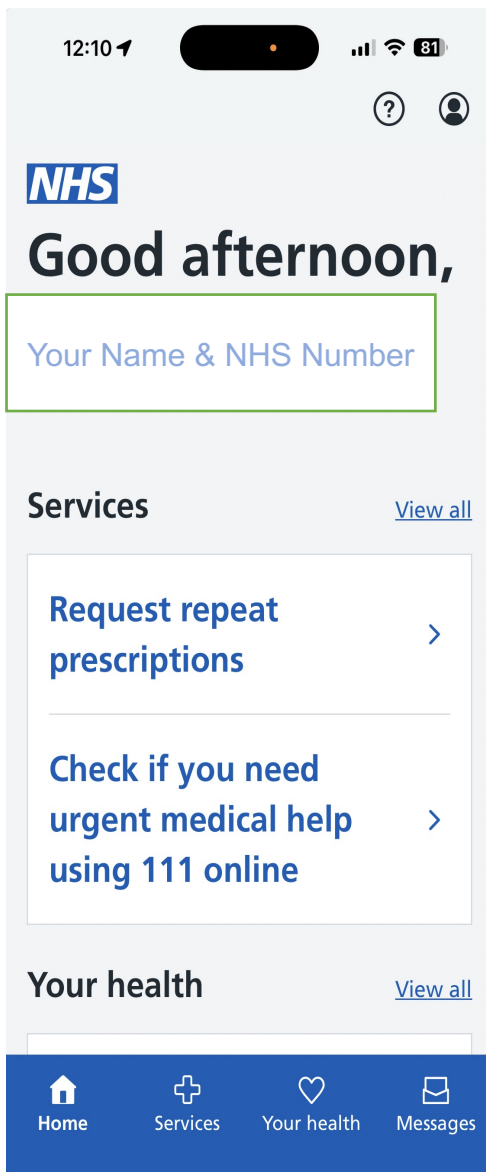
So, you can take a look at the results yourself by using the NHS App.

Using the NHS App



NHS App

The NHS App allows you to access a range of NHS services. You can download the NHS App on your phone or tablet. You can access the app using this QR code.



Allergies and adverse reactions	1	>
Medicines	17	>
Test results		>
Consultations and events	201	>
Documents	28	>

You may see medical abbreviations that you are not familiar with.

[Help with abbreviations](#)

DISPOSAL OF UNWANTED MEDICINES

RETURN UNWANTED MEDICINES TO A COMMUNITY PHARMACY FOR SAFE DISPOSAL



WHAT CAN BE RETURNED?

- ✓ **Prescription medicines**
e.g. tablets, capsules, liquids, creams, ointments, inhalers etc.
- ✓ **Over-the-counter medicines**
e.g. painkillers, cold and flu remedies, antihistamines etc.
- ✓ **Unwanted or expired medicines**
even if partially used or out of date
- ✓ **Controlled drugs**
may need to be handed in separately from other medicines in **the original container** and signed over to the pharmacy team

WHAT CANNOT USUALLY BE RETURNED?

- ✗ **Needles, syringes, sharps**
these need to be placed in a special "sharps bin" for safety reasons.
Please contact your local council to arrange collection
www.gov.uk/request-clinical-waste-collection
- ✗ **Non-medical waste**
e.g. chemicals, veterinary products, dialysis kits, paints, solvents, oil, batteries, pesticides or garden chemicals
Please contact your local council for advice on the safe disposal of items listed above.

Removing the outer packaging e.g. cardboard boxes and patient leaflets, before returning medicines to the pharmacy can also reduce the volume of medicines waste which needs to be destroyed.

These can be recycled through general household recycling schemes, remember to remove labels which contain your name and address etc. before recycling.

SCREENING SERVICES

There are several screening services available to you, some of which are considered essential, yet routine, they include...

Bowel Cancer Screening
Cervical Cancer Screening
Breast Screening
Diabetic Eye Screening
Down's Syndrome Screening
Newborn Screening
Lung Cancer Screening
Congenital Heart Disease

Details of these services, and more, can be found on the NHS Website and/or NHS App

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Signposts to Regular Reminders

As a courtesy to Bingley PPG and Jill Wadsworth, I advertise the need for more volunteers to maintain the service in the Canalside Community Café .

The Café is open Monday to Friday from 11am to 1pm

There has been a slight hold-up in the launch of this training programme, it is hoped to start it soon.



If the heart of someone you love stopped beating, would you know what to do?

Springfield Surgery

PATIENT PARTICIPATION GROUP

CPR TRAINING

AS DEVISED BY THE



We will be organising a series of training sessions for both our surgery patients and the general public in the near future. If you would like to add your name to the list of those interested in such training please indicate your interest by contacting Springfield Surgery reception or by emailing springfieldppg@yahoo.com with your name, address, email and telephone number.

TO JOIN SPRINGFIELD PPG :

Please complete this form and hand into reception.

Name :

Address :

Post Code :

Telephone :

Mobile/Text :

Email :

What is your preferred method of contact?:

Telephone

Mobile

Text

Email

Best meeting times?: