



Welcome to the fourteenth edition of the Patient Newsletter. Each month we hope to include a short item by a member of the Patient Reference Group. This month's article was written by Miss Carol Palfrey.

For the past twenty years I have been a "Mental Health Act Hospital Manager" with the Mental Health Trust. The use of the term "Manager" can be confusing. Mental Health Act Managers are not responsible for the day to day running of the hospital but have a delegated responsibility from the Management Board to review patients held under detention under the Mental Health Act and to consider appeals.

Under the law, patients can only be detained under the Mental Health if they are suffering from a mental disorder of a nature or degree that makes treatment in hospital appropriate and whose detention for treatment is deemed necessary in the interests of their own health and safety or for the protection of other people. Hospital Managers are responsible for making sure that detained patients fulfil these legal criteria and have the power to discharge a patient from if they consider that a detention is unlawful. Mental Health Act Managers are lay volunteers, not employees of the Trust, and thus have an impartial approach, their main concern being to ensure that patients' rights are upheld. Managers receive training, which is ongoing throughout their terms of appointment, are accountable for their decisions to the Trust Board and are bound by a duty of confidentiality.

Patients under detention are reviewed at regular intervals but they may lodge an appeal against detention at any time. Part of this process is a formal review by a panel of three Hospital Managers. Detailed written reports from clinicians and social workers are provided and the Panel then conducts an interview attended by the patient and all members of their care team. Nearest relatives, an advocate and a solicitor may also attend. Although this is formal process, Managers endeavour to make the patient feel at ease and allow plenty of opportunity for them to speak. At the end of each hearing, the Panel considers the evidence and prepares a detailed report setting out the reasons for their decision on whether the detention should be continued.

Hospital Managers thus perform an important role within Mental Health services. It is a challenging undertaking which I find very worthwhile and interesting.

CQC Inspection



On 2nd December 2015 the CQC carried out an inspection at Mundesley Medical Centre. The practice was rated as Good.

Thank you to all the patients who were contacted and approached by the CQC inspectors.

Dr Ashworth said "We are pleased that the CQC recognises that we provide a good service to patients and working with our Patient Reference Group we will continue to strive to maintain this level of service for an outstanding rating".

To see our full CQC report please visit www.cqc.org.uk or a copy can be viewed in our waiting room.

Royal Voluntary Service



Our Home & Well service can help you find local information and support services you need.

We work on your behalf to search for clubs, activities, transport, home meal deliveries, befriending services and much more. If you or someone you know needs a little support please contact us today.

Telephone: 01603-397998
homewellnn@royalvoluntaryservice.org

What is dementia?

Dementia describes a group of symptoms, including memory loss, confusion, mood changes and difficulty with day-to-day tasks. There are many causes of dementia; Alzheimer's disease is the most common, but others include vascular dementia, dementia with Lewy bodies and frontotemporal dementia.

The biggest risk factor for dementia is age—the older you are the more likely you are to develop the condition, but it is not an inevitable part of aging. About 2 in 100 people aged 65-69 years have dementia, and this figure rises to one in five for those aged 85-89.

Can we reduce the risk of dementia ?

We can't change our age or our genes and there is currently no way we can completely prevent dementia. However there may be some simple things we can do that might help lower our risk. Risk factors for cardiovascular disease (like heart disease and stroke) are also risk factors for dementia. Leading a healthy lifestyle and taking regular exercise will help lower your risk of cardiovascular diseases, and its likely you could be lowering your risk of dementia too, particularly vascular dementia.

For good health:

- ◆ Don't smoke
- ◆ Keep active and exercise regularly
- ◆ Maintain a healthy weight
- ◆ Eat a healthy balanced diet
- ◆ Only drink alcohol within NHS guidelines
- ◆ Keep cholesterol and blood pressure at a healthy level

Each week aim for at least 150 minutes of activity in total. As little as 10 minutes of activity at a time can count towards your total.



If you have specific concerns about changes in your memory, mood or increasing difficulties with everyday tasks (or have concerns about a family member/friend) then you can book a memory test at the surgery or see a GP to discuss things further.

Did you know?

We teach medical students from Cambridge university at Mundesley Medical Centre.



Website

Our website is currently in the process of being updated. You are still able to access and use the website but we hope all updates will be completed by mid March.



Easter Opening Times



We will be closed on Friday 25th March and Monday 28th March for the Easter Bank Holiday weekend.

We will also be closed on Monday 2nd May & Monday 30th May

Please make sure you will not run out of medication during the holiday.

For emergency treatment while the surgery is closed, please phone 111



ORDERING REPEAT PRESCRIPTIONS OVER THE BANK HOLIDAY PERIOD

Medication requested	Collection date
Monday 21st March	Wednesday 23rd March
Tuesday 22nd March	Thursday 24th March
Wednesday 23rd March	Tuesday 29th March
Thursday 24th March	Wednesday 30th March

