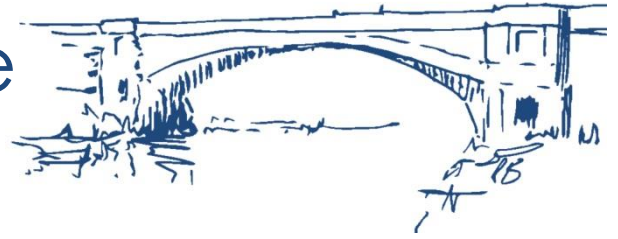


The Alney Practice Newsletter



February 2020

Welcome to our first newsletter for 2020. Since the previous newsletter, work has continued to consolidate our processes and procedures following the practice merger. One very visible development is the work currently underway at our Highnam site, where an extension is being built to provide us with additional consulting rooms. We anticipate that this work will be complete by mid-June at the latest.

A consequence of the building work, there has been a reduction in the number parking spaces and for this we apologise. Some concern has also been expressed by patients about the condition of the car park surface and this has been addressed in recent months. The poor surface and reduced spaces has meant that increasingly patients are choosing to park on the road. While there are no restrictions in doing so, we do need to be mindful of our neighbours and not make it difficult for them to access their properties. We have kept the Parish Council updated on this issue.

parkrun

The Alney Practice is delighted to have partnered with Gloucester North parkrun to become a 'parkrun practice'. For those that don't know about parkruns, they are free worldwide events - every Saturday morning at 9am - that revolve around completing a 5km route in open spaces. Many choose to run but others push buggies, walk their dogs or amble round while chatting with friends. They are run entirely by volunteers which makes them an incredibly supportive and friendly environment to get out and feel good about yourself.

If you want to record your experience you can register to receive a barcode that records your time and how many runs you have attended, which can also be a great motivator.

By becoming a parkrun practice we intend to practice what we preach (with members of staff also joining in), as well as promoting the events through posters and in consultations as a really important way you can take control of improving your own physical and mental health.

More information can be found here <<https://www.parkrun.org.uk/gloucestercity/>>. Warning, it can become addictive!

Practice Website

We have recently changed our practice website to a new provider and we believe the information that it now contains is much more beneficial to our patients. The website address is: www.thealneypractice.co.uk

Patient Participation Group (PPG)

We have had some recent success in regenerating our PPG. If you would like to become a member please let the Practice Manager know.

Organ Donation

From spring 2020, organ donation in England will move to an 'opt out' system. You may also hear it referred to as '[Max and Keira's Law](https://www.organdonation.nhs.uk/opt-out-faq/#max)'. Following this link (<https://www.organdonation.nhs.uk/opt-out-faq/#max>) will take you to more detail. You still have a choice if you want to be an organ donor or not when you die.

About a thousand transplants occur each year, 90% of which are kidneys. We each have two kidneys, and in some circumstances a person can donate one of them, thereby saving a life and at no long-term cost to themselves. After the change, just as now, your consent, whether it's given or presumed, is not enough. Your relatives have the last word, and if they have no idea about what you want, they may go against your wishes. These organs then go to waste, the chance to save several lives is lost, and the wishes of the deceased are not respected. To get around this, whatever your views, you are strongly encouraged to have a conversation with your loved ones and tell them what you want, and then they will almost certainly do what you want. If they don't know, they may not.



Who are we? Gloucestershire Kidney Patients Association is a registered charity and was founded by kidney patients 30 years ago. Our membership is for all kidney patients and includes pre-dialysis, dialysis and transplant patients as well as relatives, friends, nursing and medical staff. Most of the committee members are either kidney patients or carers or family. They all have first-hand experience of living with the kidney disease.

- **What do we do?**
 - Raise awareness of kidney disease and provide information for patients through our newsletter and website.
- Coordinate patient information events with Gloucestershire Royal Hospital Multidisciplinary Team.
- Raise funds to help improve the kidney patient experience.
- Participate in World Kidney Day promoting kidney health
- Raise awareness about Organ Donation and its impact on the transplant waiting list
- Coffee and Chat meetings for patients to meet and support each other.

To find out more please contact Lily Gidley, Chairman GKPA, Charity no. 900181

Email gloskpa@gmail.com website www.gloskpa.org

And finally, congratulations go to 3 of our GPs who have recently welcomed babies to their families: Dr Verity Jukes (baby girl); Dr Jack Watson (baby girl); and Dr Sarah Allen (baby boy).