**Chatsworth Road Medical Centre Patient Participation Group (PPG)**

**Advice for young people turning 16**

Hi

Did you know? From your 16th birthday **YOU** have access to and the control over your *own* medical records, and not your parents/guardians/carers, as before.

We think it’s important for you to be aware of this because it means you can now:

* book (or cancel) appointments
* request medication
* access your medical records which includes all the contact you have had with the practice
* view your medication requests, test results and referrals
* manage your account, for example, keep your mobile phone details up to date so you can receive important invites, alerts and updates from the surgery

You can do this via the NHS App – it’s simple to use and secure. Download it on your smartphone or tablet via the Googleplay or App Store. There is also a link to the NHS App on our website <https://chatsworthroadmedicalcentre.nhs.uk>

We recommend patients who need to order repeat prescriptions register with our online services using SystmOnline, you can find the link via our website under the 'Repeat Prescription' section. We suggest using SystmOnline for this rather than the NHS App as it is more flexible and works better alongside our clinical system.

You can also view your medical records (and lots of health and medical information and advice) by logging in through the NHS website <https://www.nhs.uk>.

If you would like to know more or need help with accessing your records, please speak to a member of the admin team.

For more information about Chatsworth Road Medical Centre and all our services go to: <https://chatsworthroadmedicalcentre.nhs.uk>

There’s also:

* lots of information and advice on different medical issues, mental health and wellbeing.
* a link to our Facebook page – follow us for regular news and service updates.
* information about our Patient Participation Group (PPG) and how to join – members of the practice and patients who volunteer to make sure the service maintains its high standards. We welcome the views of young people.